NOVEMBER 1, 2010

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Favorite Family Dinners

Easy Decorating Ideas

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november 1

on the cover

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Food Styling by Susan Sugarman/ArtistRepInc.com
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in every issue

home

40 color your world

All that stands between you and a fabulous, freshened-up home is some paint or a roll of wallpaper—and a little ingenuity.

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Family Circle Vol. 123, No. 13, November 1, 2010 (ISSN 0014-7206), is published 15 times a year (with two issues in April, October and November; one issue in the remaining months) by Meredith Corporation at 375 Lexington Ave., New York, NY 10017-5514. Periodicals postage paid at New York, NY and additional mailing offices. Canada Post International Publications Mail Product (Canadian Distribution) Sales Agreement No. 40069223. Canadian GST registration number is BN12348 2887 RT. In Canada, send change of address to Canada Post, P.O. Box 867, Markham Station Main, Markham, Ontario L3P 8K8. Subscriptions: U.S. annual rate: $19.98. Canada annual rate: $41.98 (plus GST) in Canadian funds. Foreign annual rate: $53, payable in advance, U.S. funds only. Postmaster: Send address changes to: Family Circle, P.O. Box 37205, Boone, IA 50037-0205. Printed in the USA.

from the editor

family night in

NOV. 6

» Join *Family Circle* in starting your own Family Night In tradition on November 6! It's our way of helping families spend more time together. Do you have a great idea for a fun family activity? Submit your best Family Night In tip for a chance to win one of 10 party packages. Enter online at **FamilyCircle.com/FamilyNightIn** today! See details on page 222.

After reading our eye-opening special report on teens and driving ("Driven to Distraction," page 70), I decided to check out what the moms on our social networking site, momster.com, have posted about the topic. One mom shared with the 200 plus–member group Teen Driving how anxious she feels now that her 16-year-old son has his license, and she wanted to hear how other parents cope. As always, I was struck by the honest, eloquent and compassionate responses. Here are just a few of my favorites:

›››› "My son recently got his license as well, even saved his money and bought a truck. He is very proud and his dad and I are very nervous! To calm my fears, I make him text me before he gets in and when he gets to where he is going. (He is not allowed to call or text while he is driving). I usually only have to worry about 5-10 minutes at a time, depending on where he is going. This keeps my stress level down! Hope this helps!" —***thinkgoodthots***

›››› "My son turns 18 next month.... He got his permit @ 15½ and started to drive independently @ 16¼. He was quite aware that I was nervous about him driving. Not because I was worried about his ability but because of all the other drivers out there that speed, tailgate, text while driving, etc. He voluntarily decided he would text me as he moved about. I get a text when he leaves somewhere and when he safely arrives. I was so glad that he offered to do that for me! It sure does help calm my concerns." —***Hopkins89***

›››› "I realize this is a process of letting go.... I just never expected it to be so difficult. :) They did not give me this memo when I left the hospital with him 16 years ago! Hahaha. I decided to enroll my son in a defensive driving course—how to act in the event of a crash, snow and ice driving, the dangers of cell phone use while driving. I want to find one that allows the parent to take the course too.... I would love to see what he learns." —***NevadaGreenEyes***

Teens represent the highest proportion of distracted drivers involved in fatal crashes.

As the mother of two teen drivers I can relate. I also ask my kids to text me before and after they've driven somewhere. But their dad and I have made it understood that they are never allowed to text (or talk on the phone) while driving. Distracted driving has become an epidemic for our tech-savvy teens, but the good news—learned from reading our article—is that parents who set clear rules about cell phone use in the car can cut their kid's crash risk in half.

While you're checking out momster.com for more smart advice from moms like you about everything from living through the tween-teen years to diet strategies and money-saving ideas, don't miss the new group Family Night In (momster.com/group/FamilyNightIn), where you can find fun suggestions for celebrating *Family Circle*'s first annual Family Night In on Saturday, November 6 (turn to page 92 for more info). Though we haven't settled on our night of activities yet, I'm guessing it will include a baked ziti dinner :-) followed by a Scrabble marathon and a movie—be sure to let me know a) if you convinced your kids to stay home with you b) what you did and c) was it fun?!

Linda

Linda Fears, Editor in Chief
linda@familycircle.com

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Photo: (Fears) Steven DeCanio. Hair: Rosa Miranda for Christo Fifth Avenue Salon. Makeup: Sue Pike for Sally Harlor. Styling: Kelly Mealia for Kreative Kouture & Co. Blazer: Theory Boyfriend Blazer. Tee: Theory Cotton Tee. Jeans: Earnest Sewn. Earrings: Anthropologie. Necklace: Marit Rae. Rings, watch: Her own.

Family Circle

contributors

« **richard laliberte**

Writing "**Driven to Distraction**," page 70, prompted Rich to warn his 16-year-old daughter that it's all too easy to lose focus while behind the wheel. "Marissa made a pact with her friends—no chatting when one of them is in the driver's seat," he says. "I have to say I'm a bit skeptical since teenage girls can last only so long without talking to each other."

« **susan sugarman**

When this former professional chef and mom of two knows she'll be time-pressed to get dinner ready, her go-to dish is some kind of casserole. "I can make one the day before so all I have to do is heat it up," says Susan, who styled the six recipes in "**Comfort Zone**," page 196. "It's always a big hit."

« **lori erickson**

As a longtime freelance writer, Lori has worked for over 20 years with a fluctuating income. "Our family figured out how to survive on a tight budget," she admits. "As a result, my sons don't take money for granted—and even understand its value." To learn some of Lori's tips for staying sane when dealing with finances, read "**Small Change**," page 162.

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A Helping Hand

I was delighted to read about Mother Hubbard's Cupboard ["Seeds of Plenty," August], a food pantry in Bloomington, Indiana, that came into my life when I was in need of help. The founders and volunteers are friendly and patient and deserve all of the credit they get. I wouldn't be here today without those caring people.

Rebecca B. Davies, via e-mail

Editor's Note

Treasures 4 Teachers, a nonprofit we wrote about in our September issue that provides school supplies to educators with limited funds, suffered a huge setback in August when rain destroyed their roof. Luckily no one was injured, but most of the inventory was destroyed. Visit treasures4teachers.org to find out how you can help them restock.

Return Trip

Imagine my surprise when the town featured in the August My Hometown column was one we'd just visited—Waterford, Connecticut! My husband's family lives there, and we had a great time. It was fun reading your article to my kids and hearing them reminisce about the locations we had gone to.

Gina Jackson, Houston, TX

Think your town's unique? E-mail hometown@familycircle.com and you could be profiled in an upcoming issue.

TWEET OF THE MONTH

"Dinner tonight: Grilled Chicken Pasta Salad [from *Family Circle*]. Quick & easy & everyone loved it." —*tjstaab*

Visit familycircle.com/pastasalad for this simple and tasty recipe.

online this month

» To get recipes, money-saving tricks and easy beauty and fashion tips e-mailed to your inbox, sign up for our FREE newsletter, the Family Circle Weekly Insider. Go to familycircle.com/newsletter

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›››››› SWEET TALK ››››››

Macaron Madness

That's right, no double o's. We're not talking chewy coconut cookies in a can, but those cute, candy-colored, double-decker French treats. Macarons may be the new darling of the pastry world, but they have a storied history. The cookie part—a crisp, light-as-air almond meringue—dates back to Catherine de Medici's wedding in 1533, and the famed Parisienne bakery Ladurée started making little sandwiches with ganache filling in the early 20th century. Now they've trickled down to pastry shops, Starbucks and retailers like Whole Foods and Trader Joe's. Flavors range from classic (vanilla, coffee) to curious (rosewater lychee) to tongue-tickling, sweet-savory combos (black olive and white chocolate). However you stack it, *c'est magnifique*.

INNER CIRCLE

A roundup of smart talk, hot trends and favorite finds

Legally Bronde

In the beginning there was Bennifer and Brangelina. Now a new hybrid is having its Hollywood moment: Bronde—the hair color, that is. "If blonde and brunette were to have a love child, it would be bronde," says L.A. stylist and *Shear Genius* judge Kim Vo. The warm caramel shade is totally legit among Hollywood celebs who want that beachy, sun-kissed look—without having to touch up skunk roots.

AND THIS JUST IN... Iran's Culture Ministry recently released a list of banned hairstyles for men. Ponytails, spikes and mullets have been chopped. Still sanctioned—the Elvis pompadour and Simon Cowell flat-top. Go figure.

Photos: (Macarons) Levi Brown; (Aniston) LAN/Corbis; (Lopez) Martin Roe/Retna; (Parker) Getty Images.

Food for Thought

Forget the plate of Oreos, pint of ice cream or bag of chips you scarfed the other night—your splurges are nothing compared with what Juliet Lee puts away. The 44-year-old, 105-pound Maryland mom ranks 11th among the world's competitive eaters. One of the few women to chow down in the Nathan's Famous Fourth of July International Hot Dog Eating Contest, she's also devoured copious quantities of chicken wings, nachos, pizza and Italian ices at record speeds. This Thanksgiving, think of her when you help yourself to some cranberry sauce—she once ate 13 pounds of it.

BUST A MOVE

You'd think that pushing your kids to be physically active—whether it's raking leaves or playing ball—is a win/win deal. Not quite. According to a study at Baylor College of Medicine and Duke University, parents who encouraged their tweens to take up team sports said their kids became less sedentary all around. But when asked to tackle chores like laundry or carrying in the groceries, boys got lazier, while girls did housework and stayed in the game. Score one for the young ladies!

KITTY GALORE

The endless fascination with all things feline (The Catorialist, I Can Has Cheezburger and so on) can be a bit much. Now comes Paul & Joe's Lipstick C (as in cat). Twist the tube and a perfectly carved tabby pops up. Sweet puss or cute overload? You decide. Beautyhabit.com, $25

FAREWELL, MY LOVELY

Sigh. Another season of *Mad Men* has come and gone, and we're already jonesing for more misadventures with Don Draper. There's sure to be lots of girl trouble next year—daughter Sally will be a tween!

Photo (Mad Men): Mike Yarish/AMC. Illustration: Jan Kallwejt.

TRENDSPOTTING

OPEN SEASON

True, they don't offer much warmth in the dead of winter. But fingerless gloves are hot, hot, hot. Whether couture (Hermès, Lanvin) or budget-friendly (Steve Madden, Kohl's Simply Vera), this Material Girl throwback has been given a sexy, cold-weather spin. Take your pick—lace or leather, ruched or ruffled, sparkled or studded, wrist- or elbow-length (for practical fashionistas, there's also a convertible option with pop-top mittens). Some styles bare fingers only and cover the thumbs, but we're opposed to that. Who wants to take the gloves off for every text or tweet?

Photo: FIRSTVIEW.

HOME(BOY) IMPROVEMENT

What happens when a '90s-era rapper puts down the mike and picks up a bunch of power tools? Find out on the DIY Network's *Vanilla Ice Project*—yep, the Grammy-nominated singer gutted and remodeled a 7,000-square-foot Florida home while the cameras rolled. Turns out Ice—née Rob Van Winkle—is a self-taught construction guru and has been doing fixer-uppers with a crew of trusted buddies for years. "Home renovation is rewarding beyond just saving money," he says. "At the end of the day it's all about knowing you did it yourself." Nice, nice baby.

›››› LIT CRIT ››››

PET PROJECTS

Animal literature used to be primarily kid stuff—with the occasional allegorical, anthropomorphic exception (*Watership Down*, *The Wind in the Willows*, *Animal Farm*, to name a few). Then came the best-selling bad dog Marley, spawning a litter of pet-related adult tales.

WHAT A DIFFERENCE A DOG MAKES, by Dana Jennings (Doubleday). Like many animals in this genre, the central character is a charmer who offers solace and emotional sustenance—as well as a big dose of unintentional wisdom—to her ailing owner. (Jennings and his teenage son were both recovering from illnesses.) But the author's humorous voice and a mostly reined-in sentimentality separates this one from the pack.

DEWEY'S NINE LIVES, by Vicki Myron (Dutton). It was inevitable that a cat would demand her due. The sequel to the beyond-huge *Dewey*—about a stray rescued by a librarian in Spencer, Iowa, who helped rally a struggling town—includes other heart-warming feline antics.

THE SOUND OF A WILD SNAIL EATING, by Elisabeth Tova Bailey (Algonquin). While a mollusk isn't most people's idea of a pet, Bailey's recounting of her unintentional adoption of a snail proves otherwise. A spare, beautifully quirky grace note of a book.

It's a dog-eat-dog publishing world as these recent inspirational canine releases all vie for the attentions of the pup-obsessed.

- **DOG WALKS MAN**, by John Zeaman
- **HUCK**, by Janet Elder
- **OOGY**, by Larry Levin
- **A SMALL FURRY PRAYER**, by Steven Kotler
- **YOU HAD ME AT WOOF**, by Julie Klam

WALK THIS WAY

Exercisers, here's one for the who-knew file: When it comes to rejuvenating your workout-weary bod, pickle brine is 37% better at preventing painful muscle spasms than water, say researchers at North Dakota State University in Fargo. What's the dill? This liquid contains electrolytes and vinegar, which help prevent dehydration—a common cause of muscle cramps. If that advice is hard to swallow, consider Pickle Juice Sport, packed with more than 10 times the amount of electrolytes as typical sports drinks—and zero calories. Picklepower.com, $8/six 8-ounce bottles

Illustration: Adam Kidder.

BY CHRISTINA TYNAN-WOOD

HACKING 101

Sans software, another way to change the settings on your router is with its IP (internet protocol) address. Look at your router to see who manufactured it. (Probably Cisco, Linksys, Belkin, D-Link or Netgear). Google the company's website and search for Setup and your router's model. You will probably find step-by-step instructions. The IP address will look something like this: 192.168.1.1. (That is the IP address for most Linksys routers.) Enter that—and nothing else—into your browser. You know you are in the right place if it demands an administrator name and password. If you don't know those, you probably never changed them. The manufacturer can provide you with the default or help you reset to the default if you changed them and forgot what they are. Once you have logged in, look for Wireless/Security and type in a new password. And this time write it down! Then bookmark that page in your browser so you can change the password with a couple of clicks anytime you want to lock your kids out of the Internet.

TIME IS MONEY

It used to be that shells were traded as legal tender. Now they say cash is king. Not in my house—here, the venerable Federal Reserve Note is getting a run for its money from the Internet.

You see, my kids believe that "every waking moment" is an appropriate amount of time to spend online. I'm in the "couple of hours max" camp. So I accessed the free parental controls at OnlineFamily.Norton.com to set time limits. Technically it worked, but the minute their Internet connection ended, the begging and sulking started. Then one day when I was about to say, yet again, "If I hear one more word about this...," it occurred to me that Web time could be a valuable form of currency. Why wasn't I bartering with it? So I came up with a plan.

At the heart of it was our Wi-Fi network, which is connected to each kid's computer. I would do what Internet cafe owners do: charge for access. Except instead of a few bucks or a credit card, I would demand good behavior before I would fork over the password.

Frankly, reconfiguring our wireless router wasn't fun, but it wasn't hard, either. Ours, like virtually all others, came with software to control it. (No software? See "Hacking 101," right.) I opened the program and looked for Wireless/Security, then changed the password and jotted it down someplace secret. (Be crafty—kids are motivated to look!) Now I do this every day or two, and each change means Cole, 14, and Ava, 11, have to come to me for the new password. And, when they do, I insist they finish their homework, read a book, get some exercise or do a chore before I give it up. (Whining earns an immediate "No! Try again tomorrow.")

Gone are the days of resorting to threats or arguments to pry them away from their laptops. In fact, since they now know the drill, they've stopped requesting the magic word until they've already taken care of pending school assignments, played outside and read. Instead they ask, "What chore can I do?" And for that, I will gladly fiddle with the settings on our router. ●

36% of tweens and teens say their parents set limits on computer use.

Source: Kaiser Family Fund

Photo (Wood): Charles Harris.

ILLUSTRATION BY VICTO NGAI

HOME

→ DO-IT-YOURSELF IDEAS → DECORATING STRATEGIES → FAVORITE FINDS

Tray Chic

No way should a snazzy serving piece like this be stashed in a cabinet between hostess gigs—keep it on display. "A pretty tray gives you the foundation for an instant centerpiece," says Karen Bussen, author of *Simple Stunning Parties at Home* (Stewart, Tabori & Chang). Try clustering pillar candles in a variety of sizes on a platter stationed atop a side table. Everglades tray, zgallerie.com, $30. Felix martini glasses ($10), Studio pitcher ($22), Martini stir rod ($8), all available at crateandbarrel.com.

PHOTOGRAPHY BY **BRYAN MCCAY**

HOME NEWS

→ BY KATE DOHERTY

Best Buds

Most types of the impressive yet easy-to-grow amaryllis bloom six to eight weeks after planting. To ensure this yuletide classic pops up in time for December celebrations, pot bulbs now and place in a warm spot, like a windowsill. Visit whiteflowerfarm.com to order bulbs.

Every space needs a dose of whimsy, whether it's unusual lamps or a large graphic painted element.

PRO *pointers*

Decorator **Mary McDonald** is known for vintage Hollywood movie–worthy houses, as seen in her new book *Mary McDonald: Interiors* (Rizzoli). She shares her tips for bringing a touch of glamour to everyday life.

PRETTY IN PINK → A soft rose-colored ceiling creates a warm, flattering glow and lends a subtle feminine flourish.

DRESS UP → For a touch of luxury, paint the inside of a small closet a vibrant glossy color and add a few decorative hooks for bags.

CINEMA CHIC → Look to rooms in your favorite flicks for decorating inspiration. McDonald loves the sets from the 1939 film *The Women*.

TWO'S COMPANY → A pair of anything, like chairs or lamps, lends balance to a room—just don't be too matchy-matchy.

CHECK IT OUT

Usually found in fashion accessories, a houndstooth print adds a dapper dash to your decor.

Contemporary houndstooth pillows, overstock.com, $17.50/2

Houndstooth area rug, homedecorators .com, from $199

Bamboolamine houndstooth plates, twolumpsofsugar.net, from $21/4

Angelo:HOME Harlow brown-and-white houndstooth chair, qvc.com, $273

GO GREEN SAVE $

For generations, Bon Ami's powder cleanser has tackled grime with a powerful all-natural formula. Now the 124-year-old product is greener than ever with new eco-friendly packaging and ingredients that are still gentle on surfaces. Visit bonami.com for info.

AT HOME WITH JUDY

Design tricks and personal picks from Judy Prouty, our home style director

decorating tip

If you keep your color scheme restrained, you can add wild patterns with abandon.

Join the Club

Once upon a time I adopted a castoff club chair with good bones from a Manhattan sidewalk. Now, my freebie needs a face-lift, but a pricey custom upholstery job isn't in the cards. Off the chair goes to a thrift shop—and in its place, this well-priced look-alike. With a slipcover from Bemz, probably in a snappy Designers Guild print just added to the line, I can change the look whenever I want. **Karlstad chair, ikea.com, $299; Barcelona Cobalt slipcover, bemz.com, $209**

CAN'T GET ENOUGH >> I need another throw like I need a hole in my head, but in my heart of hearts I know I'm going to end up buying one of these ruffled numbers. Tossed over the back of a sofa or chair, it'll be the perfect antidote to winter. **Throws, HomeGoods stores, $20**

Snap!

Photo shoots are generally very long days, but I always learn something. Recently designer John Loecke, who was styling floral arrangements, clued me in on how to pick the perfect vase for a bouquet. "Select a container in a color that matches one of the flowers," says Loecke. "Or choose a contrasting shade—like, a purple vase for orange blossoms. Either way, the container visually becomes part of the whole."

WHAT'S NEW ON MY COFFEE TABLE

***Vera* *The Art and Life of an Icon*, by Susan Seid (Abrams)**

It's been a while since I've seen much from the brand Vera, whose cheerful silk-screened tea towels are among my favorite things. To my joy, a comeback must be under way since I just got a copy of ***Vera: The Art and Life of an Icon.*** Talk about a modern multitasker—artist, mom and entrepreneur Vera Neumann started what would become a multimillion dollar business designing linens and apparel at her kitchen table in the late 1940s. (She created the first printed sheet!) Although the original company is long gone, a new owner, Susan Seid, promises updated classics from the Vera archive for every room in the house. Sold.

Photo: (Prouty) Wendell T. Webber. Illustration: Edwin Fotheringham.

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Fight Song

1
Hail! to the world's top a - gents.

5
Cheer! to our poise and our pa - tience. Fight!__Fight! for__ Farm - ers, a

9
com-pa - ny with no peer. Hail! to our po - li - cies.

13
Cheer! to put - ting you at ease.___ Fight!___Fight! for__ Farm - ers.

17
A lo - cal and a chum. Hail! to our low___ pri - ces.

21
Cheer! to our re - sponse to cri - sis. Fight!___Fight! for__ Farm - ers.

25
In - sur - ance at its best!

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HEART OF

Transforming a cramped, cluttered kitchen into this roomy, sun-splashed space was a matter of losing a wall and gaining smart storage and seating.

By Elzy Kolb

THE FAMILY Randi Klaber and her children, Eric, 16, Allison, 11, and Julie, 18 (husband, Adam, not pictured).

THE CHALLENGE When the Klabers moved into their upstate New York home seven years ago, the kitchen had bland, outdated cabinets and appliances, and an inefficient floor plan.

THE DESIGNER Arthur Zobel of Majestic Kitchens, Mamaroneck, New York.

THE STRATEGY Rethink the layout. Open up the kitchen to the adjacent dining area and put a combo snack bar/prep area in the middle. "I like the idea of a big island as the centerpiece," Randi says. In addition to cook-friendly task zones, Randi, an interior designer, and Zobel planned for features like lots of storage options and a spot for casual dining. At the top of her to-do list—creating a family hub. "I want a place where the kids can hang out and do homework, too," she says.

THE SOLUTION With the fridge and range on one wall, the main sink and dishwasher on the other, the end result is a multitasking space for prepping, cooking and cleaning up. Sleek woodwork, stainless steel appliances and natural stone surfaces lend a sophisticated yet inviting vibe to the kitchen. Randi selected a soothing palette: sage green for the walls and soft off-white for the elegant custom cabinets (plainfancycabinetry.com), which are clean-lined but blend with the traditional look of the house. "I was going for a serene feeling," Randi says.

PHOTOGRAPHY BY WENDELL T. WEBBER

THE HOME

PRO POINT A stepped-back quartzite shelf in the stone wall matches the colors in the glass tile backsplash and holds frequently used herbs and condiments.

TALL ORDER

›› A slim cupboard next to the oven keeps cookie sheets, baking pans and cooling racks handy.

FIRED UP

>> "A wall oven takes up too much space," Randi says. Instead she chose a pro-grade range (vikingrange.com), with two convection ovens, six high-output BTU burners and an oversize griddle. "We're pancake fanatics," she explains.

>> The stainless steel hood with custom chimney has halogen lighting and a warming option to keep food on the stovetop at the perfect temperature until it's time to dish out seconds.

>> Covered in matching wood paneling, the French door fridge/freezer (subzero.com) virtually disappears into the cabinetry. "The effect is more like a piece of furniture," Zobel says.

IN A PINCH

>>The spice cabinet, smartly situated right next to the stove, has stepped shelves to make finding that bottle of coriander—and everything else—easy.

PRO POINT Zobel allowed enough room between the counter and cupboard above to conveniently fit a small flatscreen.

Flatscreen TV, samsung.com

SMOOTH MOVE

>> A cabinet with pull-out shelves and full-extension glides puts pots and pans within reach of the cook at the stove.

Chef's Classic cookware, cuisinart.com

COUNTER INTELLIGENCE

>>For the backsplash, colorful glass tile and mosaics create a polished note that runs the full length of the kitchen counters. "The rustic look of the stone contrasts beautifully with the cool glass," Randi says.

>>The microwave installed at eye level over a counter gives extra cooking flexibility. Above it, a flip-up cupboard holds tea and coffee supplies.

>>Miscellaneous serving trays and cutting boards fit neatly into a vertical cabinet divided into four cubbies.

>>In addition to recessed lighting and hanging lamps in the coffered oak ceiling, under-cabinet task lights brighten work surfaces and make the backsplash pop.

4-slice Smart toaster, brevilleusa.com; 10-cup thermal coffee machine, krupsusa.com

PRO POINT Elegant LED-lit glass-front cabinets brighten the room and offer display space for infrequently used vases, glassware and dishes.

SWING TIME

>>A corner cabinet with a hinged double door and a lazy Susan on the bottom makes go-to prep items easy to access.

>>The stationary top shelf holds heavy objects like a food processor.

Artisan Series stand mixer, kitchenaid .com; Custom 14 food processor, cuisinart.com

Prop styling: Loren Simons. Photo (family portrait): Zach DeSart.

SUPER BOWL

>> Randi opted for a deep and wide single-basin stainless steel sink instead of a divided one, to better accommodate large pots, making cleanup easier.

>> The sink cabinet is stepped out a few inches from the other cupboards to break up the straight line of the countertop and make room for a generous-size bowl.

>> Sponges and scrubbers are stashed out of sight in the narrow tilt-out storage compartment.

Grooves scored into the quartzite substitute for a dish drainer, directing water into the sink.

PRO POINT
Store items where they're most needed—salad spinner near the sink, sauté pan by the stove.

ISLAND LIVING

>>With multiple silverware, utensil and linen drawers, as well as cookbook shelves, the island boasts a storage spot for everything.

>>Across from the stove, a prep sink set into the quartzite counter features a high arc–spout faucet that makes filling oversize pots a snap.

>>The wood-paneled warming drawer and double recycling bins blend seamlessly into the cabinets.

>>Randi paid attention to the little details, selecting an ogee edge for the countertops. "It added an element of interest," she says.

COOKING CLASS

Study up on this year's newest appliances and accessories that earn high marks for clever technology and cool design. BY HEATHER RINDER

›››››› COOKTOP ‹‹‹‹‹‹

SMART What's so hot about induction? An electromagnetic field transfers heat directly to cast iron or stainless steel pots and pans, meaning food cooks faster and burners stay cool to the touch. Easy to wipe clean, too. NUTID induction cooktop, ikea.com, $999

GENIUS The ticket for anyone who wants the bells and whistles of a pro-grade stovetop: five super-powerful burners, porcelain-on-cast-iron grates and a built-in ventilation system that stops steam and odors before they fill the house. Gas downdraft cooktop, jennair.com, from $1,699

›››››› FAUCET ‹‹‹‹‹‹

SMART The high-arc spout on this model lets you fill and wash the biggest pots—plus a nifty pause button controls water flow when you step away from the sink. Arbor faucet, moen .com, from $295

GENIUS When your hands are sticky or covered with flour just press a button to switch the water flow from aerated to rinsing spray. LadyLux3 Café faucet, grohe .com, from $499

›››››› WALL OVEN ‹‹‹‹‹‹

GENIUS This oven, with a 4.3" full-color LCD preset display, lets you save the cooking modes of 12 of your go-to recipes. Slide the lasagna in, tap the screen and walk away. Double wall oven, jennair.com, from $4,799

SMART The sizzling combo of convection and steam modes can fast-cook the turkey (14 pounds in 90 minutes) and steam the asparagus. Forty pre-programmed settings for temperature and humidity levels make this oven as easy to use as a microwave. Steam and convection wall oven, thermador.com, from $3,299

›››››› RANGE ‹‹‹‹‹‹

SMART Say you want to bake pork chops at one temperature and chocolate cake at another. No problem with this dual temperature–control multitasker. Double oven range, ge.com, $1,299

GENIUS Talk about style and substance. Check out the 15 fashionable finishes, including Cobalt Blue, Mint Julep and Sea Glass, and features like six oven-rack positions, convection baking, "GourmetGlow" infrared broiler, 15,000 BTU burners. Viking Professional Custom Series gas range, vikingrange.com, $6,600

›››››› REFRIGERATOR ‹‹‹‹‹‹

SMART Come party time, this energy-efficient side-by-side can stock two extra six-packs, and with "Fast Ice," there will be no more runs to the mini-mart for extra cubes. Resource Saver refrigerator, whirlpool.com, from $1599

GENIUS Not one but two lightweight freezer drawers. Use the top one for everyday items like ice cream and frozen pizza and the other for long-term storage. Four-door French door refrigerator, lg.com, from $2,699

›››››› DISHWASHER ‹‹‹‹‹‹

SMART This appliance will save you money on energy costs with the half-load cycle option, plus there's no need to prerinse. Adjustable racks make loading stemware easy. DMT800 dishwasher, samsung.com, $899

GENIUS Imagine a machine so quiet an "InfoLight" beams onto the floor to let you know it's running. And you gotta love the multifunction LCD display and bacteria-zapping sanitize option. 800 Plus dishwasher, bosch-home.com, $2,099

« tip »

Don't worry if the colors of your books and collectibles don't blend with the back panels. "You don't want everything matchy-matchy," says designer Joe Nye.

Photo: Aimee Herring.

10 FUN WAYS TO COLOR YOUR WORLD

All that stands between you and a fabulous, freshened-up home is some paint or a roll of wallpaper—and a little ingenuity.

BY TERRY TRUCCO

1 shelf help

For a smart-looking bookcase, paint everything white, then lacquer the back panels in an extravagant hue, like poppy red or mustard. **"A backdrop in an outrageous color will emphasize the architecture and show off its contents,"** says Joe Nye, a West Hollywood interior designer. Satin-finish paint imparts a low-level gloss, adds a hint of glamour and is more durable than a flat finish. If your bookcase doesn't have a back panel, paint the whole thing white and choose a bright color for the shelves.

GET THE LOOK

A jade-hued bud vase pops on a bookshelf. **Hitch bud vase, jonathanadler.com, $28**

2

« tip »

Strip and sand old furniture, and apply three coats of primer before you paint. "The primer will help the piece accept the paint," says Nye.

3

good night

Wallpaper in an eye-catching print behind your bed perks up a room and says, "Look at me!" And what better way to attract attention than with a fearless pattern? **"It's just one wall, so you need something that makes a splash,"** says color consultant Victoria Stuart Burke, owner of Stuart-Creal Studio in New Milford, Connecticut. Paint the walls a color that's in the wallpaper, but select a light, quiet shade that won't compete with your showpiece.

GET THE LOOK

Give an accent wall a serving of citrusy shades. **Amy Butler Collection wallpaper, grahambrown.com, $80/double roll**

let it shine

Even a tired old cabinet or table has star potential if it possesses a pleasing shape. Give it an instant face-lift with an attention-grabbing color, like Chinese red or robin's egg blue, in a high-gloss finish for a glamorous lacquered look. **"A large piece will dictate the room's color scheme, so choose carefully,"** says Nye. Check out flea markets, yard sales and the attic for the right object, and think big—a painted coffee table has more presence than a side table.

Photos (from top left): Tria Giovan; Greg Scheidemann.

« tip »

A glossy paint is more durable in a bathroom than flat, but satin works better than high-gloss.

5

make it bright

Turn that tiny bathroom in the entryway into a jewel box with a high-spirited hue you love. Bathe walls, floor and ceiling in the same shade, and add guest towels, flowers and scented candles that match. **"The room should envelop you in one outrageous color, like hot pink, acid green, citron yellow, Hermès orange, chocolate brown or aqua,"** says Nye. Choose your paint finish carefully. "Bathroom walls are often imperfect, and high-gloss paint shows every blemish," Nye says.

4

well grounded

For the easiest ever room re-do, roll out an exuberant rug. **"Color on the floor adds instant energy and always warms up a room,"** says Los Angeles interior designer Sasha Emerson, who looks to Madeline Weinrib, the Rug Company and Ikea for contemporary rugs in zesty shades. Shop for a busy, color-drenched pattern if you have kids or pets. "The more going on in the rug, the less mess you'll see," Emerson says.

GET THE LOOK

Perk up hardwood floors with a vibrant rug. **Concentric Squares 7' round rug, companyc.com, $935**

Photos (from top left): Cameron Sadeghpour; Greg Scheidemann.

6

« tip »

To promote unity and durability, paint each piece in a similar finish.

7

high drama

Nothing brings harmony to a room with disparate elements like black. Paint one statement piece of furniture, like your coffee table, then play off the color with accent items like picture frames or lamps. **"If you have Victorian chairs from your grandmother, an Ikea table and a modern coffee table, black can tie them all together,"** Nye says.

the hang of it

Talk about pop art. Choose a colorful piece of fabric, preferably a big, boisterous print, staple it tightly to a stretched canvas and hang prominently on a wall. "This is a great idea for fabric you like and aren't sure how to use," says New York interior designer Amy Lau. Bonus: Since you don't need more than a couple of yards, you can splurge on something fabulous. Scour flea markets, yard sales or an online fabric shop for show-stopping textiles. **"One piece looks great over a sofa or bed,"** Lau says. Or create a suite of small canvases cut from the same cloth, and group them together.

GET THE LOOK

A sculptural ebony lamp adds pizzazz.
Mariposa table lamp, zgallerie.com, $139

Photos (from top left): Cameron Sadeghpour; Luke White/Perfect Neutrals/Jacqui Small Publishing.

8

« tip »

Turn the inside of a kitchen closet into a message center with a coat of chalkboard paint, like Benjamin Moore Studio Finishes Chalkboard (307). A recessed panel makes an ideal spot for notes and lists, says Emerson.

grand opening

A lively tone, especially one that's different from the moldings and walls, turns a ho-hum hall or kitchen door into a cool showstopper. Consider something unexpected—a strong yellow, lime or cinnabar. Pick a dark or neutral color, like black, espresso or white, if your woodwork isn't pristine. And go diva with a zingy fuchsia, say, on the inside of a closet door. **"You'll give yourself a little treat every time you get dressed,"** says Emerson.

*

GET THE LOOK

Surprising hues make an entrance.
Parakeet Green, Awakening, Limolicious paint, valspar.com for info

9

pattern play

"Big bands of color on the walls really pump up a white room," says Lau. Instead of conventional, two-toned stripes, she wakes up a kid's room with wide swaths of orange and yellow and a narrow band of black. **"The colors deliver a bold, graphic look,"** she says. Before you paint, use a tape measure and pencil to plot the pattern on the wall; mark the boundaries of the stripes with blue painter's tape, which won't remove existing paint when you peel it off.

« tip »

If you can't find something you like, look for a great frame in wood or metal and have a mirror cut to fit at a hardware store or glass shop.

10

mirror, mirror

Reflect on this: A big color-drenched or white lacquer mirror can invigorate a space like a hallway or even a bathroom. **"A thin frame makes no impact; choose one that's at least 4 to 8 inches wide,"** says Laura Casey, a Charlotte, North Carolina, interior designer. As for style, a showpiece can be elaborately carved, like this one, but modern and simple works, too.

Photo: Cameron Sadeghpour.

AREA →

Craft Room

→ BY KATE DOHERTY

With a cluttered materials area, you end up spending more time digging and less time doing. "When art supplies are tidy, it's faster, easier and more fun to take on projects," says Alejandra Costello of color-coded.net. Try her simple solutions to streamline your storage.

Sort colorful necessities, like yarn and pom-poms, into clear containers so you can see your stash.

Separate small pieces of fabric by pattern, material or color.

Pull-out drawers allow you to stack bins on top of each other, maximizing space.

Canisters with tight-fitting lids put an end to accidental bead or glitter spills.

Group together like elements: as in, brushes near paint, markers next to crayons.

Sturdy flat boxes prevent scrapbook paper from being torn or damaged.

PASS IT ON
If you have leftover materials you won't use again, consider donating them to a local school or church.

Photo: Keller & Keller.

GET ORGANIZED

SNEAK PEEK
Keep an eye on your bead reserves with clear containers. **Plastic storage jars, organize.com, $12**

PAPER PLACE
Tidy up loose piles of scrapbooking materials with colorful, flat organizers. **Synchronicity Stockholm flat file, containerstore.com, $9**

NAME GAME
A sticker-maker lets you customize labels with photos, drawings and text. **1.5" Safari Create-a-Sticker, xyron.com, $12**

state of art

Tame creative clutter with these crafty finds. BY HEATHER RINDER

SINGLE FILE
Tuck ideas and inspirations into a small binder. **Black-and-white mini binder, russellandhazel.com, $16**

HOT WHEELS
Supplies are always within reach with this rolling cart. **Cropper Hopper Home Center rolling cart, walmart.com, $80**

IN A SPIN
Try a lazy Susan–like device to hold up to 18 decorative-edge scissors. **Rotating wood scissor organizer, csnstores.com, $35**

MOMster **Got any favorite neat tricks? Share them with other tidy moms at momster.com/fc/organizing**

ABUNDANT SAVINGS

This Thanksgiving, take advantage of these frugal ideas for your family:

- **Decorate with nature.** Look no further than your own backyard for pinecones, greenery, and fresh-cut flowers that can double as rustic centerpieces for your feast.
- **More is better.** When it comes to turkey, that is. Ounce for ounce, bigger birds are cheaper, and make for great leftovers to be used for other meals.
- **Be coupon savvy.** In addition to checking the newspaper, be sure to look for coupons online, in-store, by mail, and inside the packages of your favorite P&G products.

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FAMILY

→ NEWS → VIEWS → FUN ACTIVITIES THAT KEEP YOU CONNECTED

Photo: Kein R. Morris/Bohemian Nomad Picturemakers/Corbis.

Friendly Find

If you thought Facebook was one more obstacle standing between you and your teens, here's some relief: The majority of teens whose parents have Facebook accounts are friends with their parents. In fact, 56% provide mom and dad with full access to their profile, including party photos and status updates. Nine percent give their parents limited access and 34% grant no access. Now if only they'd reply to your wall posts. Source: Kaplan Test Prep and Admissions survey

FAMILY TIME

→ BY CELIA SHATZMAN

[MOVIE OF THE MONTH]

You need a villain to have a hero. Or do you? *Megamind* (out November 5), the newest DreamWorks 3-D animated film, puts a new spin on the superhero story. Dad of two **Will Ferrell** voices the lovable evil genius. *Family Circle* chats with him about his latest gig.

→ What did you think when DreamWorks called and wanted you to play a blue supervillain? When they showed me the artwork for it I thought this was a semi-menacing character, but then you hear him speak and see his personality and he's really just a sweetheart who was totally misunderstood and ends up being a good guy. It's such a unique take on the good-versus-evil struggle.

→ If you were a real-life superhero, what would your name and special power be? My name would be Vegetable Man, because a lot of people don't like vegetables. I would triumph over the hatred of them to show how good they are for you. My power would be I'd be able to puree any veggie just by looking at it.

→ What's your favorite thing about doing voice work? I've really liked watching all of the elements come together with the animation and the voices. I've also enjoyed the creative freedom you get with animation in that any idea that comes to mind can be explored and improvised. You can make what's on the page even better with your own ideas.

→ Does your family influence which roles you take? No; I've always picked what I think is funny or provocative. If my kids ever care one day, that could have an influence. But it is neat to do something that might grab their attention.

[FC STAT]

10 Things from the Last Decade that Forever Changed Childhood:

1. Google
2. *Harry Potter*
3. Facebook
4. Nintendo Wii
5. YouTube
6. *American Idol*
7. Wikipedia
8. Cell Phones
9. TiVo
10. iTunes

Source: Common Sense Media

AMERICA RECYCLES DAY IS NOVEMBER 15!

WHEN YOU RECYCLE...	YOU SAVE...
10 cans per week	Enough energy for 30 hours of TV watching per week
4 Sunday papers per month	4 trees per year
15 plastic bottles per week	Enough fiber to make 156 T-shirts per year
1 glass bottle	Enough energy to light a 100-watt lightbulb for 4 hours, or power a computer for 30 minutes or a TV for 20 minutes

» Visit **americarecyclesday.org** to enhance your recycling effort and find events near you. —*Alison Goldman*

DISNEY'S DARK SIDE

In the new video game Epic Mickey, players must defeat bad guys in Cartoon Wasteland, a limbo universe for rejected Disney characters who didn't reach the big screen (rated E10+, Wii, $50).

TEST YOUR DISNEY IQ WITH THIS TRICKY TRIVIA:

1. Walt Disney's first cartoon character was Oswald the Lucky
a. Duck
b. Mouse
c. Rabbit
d. Dog

2. Oswald is now said to be a relative of Mickey Mouse. What is their relationship?
a. Oswald is Mickey's half-brother
b. Mickey is Oswald's stepson
c. Oswald is Mickey's grandfather
d. Mickey is Oswald's cousin

3. Walt Disney originally named his famous character Mortimer Mouse. Who suggested the switch to Mickey Mouse?
a. His wife, Lillian Bounds
b. His collaborator, Ub Iwerks
c. His eldest daughter, Diane Disney
d. His film distributor, Charles Mintz

4. Mickey debuted on-screen in the silent black-and-white cartoon *Both Plane Crazy* in what year?
a. 1927
b. 1928
c. 1929
d. 1930

ANSWERS: 1. c, 2. a, 3. a, 4. b

Photos (from top): Courtesy of Dreamworks Animation; Michael Murphee; istock photo.

Make the right choice.

BAKED not FRIED

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1.5g	Sat Fat	3.5g
0g	Trans Fat	1g
0mg	Cholesterol	5mg
7	Good source of Vitamins and Minerals	0

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MY HOMETOWN

→ BY CAREN OPPENHEIM

The vibrant downtown neighborhood

Ellis Island

The Tracy family: Liz; J.R.; Willa, 15; and Matilda, 11.

NEW YORK

POPULATION: 8,363,710

LOCALS LOVE: The Union Square Greenmarket, open on Mondays, Wednesdays, Fridays and Saturdays, has vendors from small regional farms selling fruits, vegetables, baked goods, meat and flowers.

New York, NY

Liz and J.R. Tracy love the Big Apple's cultural diversity. They relish taking their daughters to local shows, an elevated park that's almost in their backyard and the many famous sites in New York City.

My husband and I met as college students in Massachusetts and moved to New York City after graduation. Two years later his banking job took us to Chicago, then London, and back here. The idea of raising kids in the city was intimidating—we imagined we'd head to the suburbs in search of a quieter way of life. But Manhattan is the perfect playground for our family. While we've certainly been to the many historic landmarks in town—the **Empire State Building, Ellis Island, Rockefeller Center,** to name a few—we also try to find spots that feel less crowded and more intimate. We live in the Chelsea neighborhood, which is on the West Side between 14th and 34th streets. It's diverse and bustling.

New to the city is the **High Line,** a park that opened on the West Side last year on abandoned elevated train tracks from the 1930s. It spans nine blocks—but more sections are being added—and is filled with wooden benches, lounge chairs, public art and beautiful native plants growing between exposed tracks. There are spectacular views of the **Hudson River** and downtown. On Tuesdays during the summer, free fitness classes are offered and telescopes are set up for stargazing lessons. **Chelsea Market,** built within the former Nabisco factory complex, is home to the Food Network, as well as a variety of dessert shops, restaurants and clothing boutiques. We stop for a bite to eat after all the walking—it's our neighborhood food mecca.

We treat ourselves to a few **Broadway** and **Off-Broadway** shows each year, and often find discounts. Last season we saw *The Complete Works of William Shakespeare* at the **New Victory Theater,** which is geared toward kids. Willa's read a few of his plays in school, so it was fun for her to see them brought to life. It served as an easy introduction for Matilda.

When the weather is nice we head to **Madison Square Park** to brave the legendary long lines at **Shake Shack.** The popular burger joint (a favorite of Big Mike from last season's *American Idol*) is literally a shack on the edge of the park that serves burgers, hot dogs, fries and frozen custard. Waiting is part of the experience—it can easily take an hour—and even New Yorkers are willing to do it for the amazing food. ●

Think your town is unique? Let us know why we should profile it—and your family—in an upcoming issue. Send us an e-mail and family photo to **hometown@familycircle.com.**

Illustration: Joel Holland.

PHOTOGRAPHY BY JACOB SNAVELY

→ BY CELIA SHATZMAN

CAUSE →

SEATTLE CHILDREN'S PLAYGARDEN

LIZ BULLARD, 49
Hometown → Seattle, Washington
Family → daughters Claire, 23, and Hannah, 20; son, Sean, 16

A few kids dig in a garden while others play on the swings and seesaws. But this isn't a typical park—it's designed for kids with physical or mental disabilities, though all are welcome. "When you enter the Seattle Children's PlayGarden (SCPG) it doesn't matter if you come in on your own two feet, in a wheelchair or with a dog," says founder Liz Bullard.

Liz had been working as a speech therapist with children with special needs for 20 years when she came across an article in February 2002 about a play garden in New York City that was inclusive of all kids. Liz wanted to create a similar one in Seattle, so she spent the next six months doing research, held an official meeting that September and set up the nonprofit. Soon after, she approached the Parks & Recreation Department, which agreed to give SCPG a no-cost lease. With neighborhood support—and funds from private foundations, corporate sponsors and individuals—Liz and the other volunteers cleaned up a preexisting park and planted a vegetable garden.

SCPG opened in 2004, and since then developments have been phased in, including a new building with a chicken coop, rabbit hutch, kitchen and playroom. Liz has carefully selected play equipment: The swings and seesaws have an extra-high back so people with poor muscle development can use them, and the rock climb has a wheelchair route.

"This isn't a park where you just play," Liz says. "In the garden, it's physically demanding to dig holes, but it improves motor skills. Kids work together side by side to build something, which helps them get past their differences." SCPG offers a summer camp and free events like festivals, arts and science activities, kite-making and cooking with the garden's veggies.

Liz hopes SCPG inspires other communities. "It's great to see the relief on parents' faces when they watch their kids not only being accepted for who they are," she says, "but also having a great time in the process."●

To learn more or make a financial donation, go to childrensplaygarden.org.

KNOW SOMEONE WHO'S HELPING TO CHANGE YOUR COMMUNITY? Send details along with a photo to goodworks@familycircle.com.

PHOTOGRAPHY BY RACHEL OLSSON

An important vaccination schedule update for children 15 months to 5 years of age.

Certain strains of the pneumococcal bacteria can cause serious, invasive disease that is being seen more frequently today.

Invasive pneumococcal disease includes bacterial meningitis, which remains a serious risk for children up to age 5. Pneumococcal meningitis can cause death and long-term problems, such as hearing loss.

The doctors at the Centers for Disease Control have recommended that children under 5 who have had a full series of vaccinations with pneumococcal conjugate vaccine should now get a dose of Prevnar 13™, to cover six more strains including the most common one threatening young children today.*

*The immune response from this catch-up schedule might be lower for the 6 additional strains (types 1, 3, 5, 6A, 7F, and 19A) than if your child had received the full 4 doses of Prevnar 13™. It's not known how medically important this difference is.

INDICATION FOR PREVNAR 13™

- Prevnar 13™ is a vaccine approved for use in children 6 weeks through 5 years of age (prior to the 6th birthday).
- Prevnar 13™ is indicated for active immunization for the prevention of invasive disease caused by 13 strains of *Streptococcus pneumoniae* (1, 3, 4, 5, 6A, 6B, 7F, 9V, 14, 18C, 19A, 19F, and 23F).

IMPORTANT SAFETY INFORMATION FOR PREVNAR 13™

- Prevnar 13™ should not be given to anyone with a severe allergic reaction to any component of Prevnar 13™, Prevnar® (Pneumococcal 7-valent Conjugate Vaccine [Diphtheria CRM_{197} Protein]), or any diphtheria toxoid–containing vaccine.
- Prevnar 13™ may not protect all individuals receiving the vaccine. Children with weakened immune systems may have a reduced immune response to Prevnar 13™. A temporary pause of breathing following vaccination has been observed in some infants born prematurely.
- The most commonly reported serious adverse events include bronchiolitis (an infection of the lungs) (0.9%, 1.1%), gastroenteritis (inflammation of the stomach and small intestine) (0.9%, 0.9%), and pneumonia (0.9%, 0.5%) for Prevnar 13™ and Prevnar®, respectively.
- The most common side effects are redness, swelling and tenderness at the injection site, fever, decreased appetite, irritability, increased sleep, and decreased sleep. Any side effects associated with the vaccination should be reported to your child's health care provider.
- Ask your child's health care provider about the risks and benefits of Prevnar 13™. Only a health care provider can decide if Prevnar 13™ is right for your child.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088. Please see Brief Summary of Prescribing Information on reverse side.

Prevnar 13™
Pneumococcal 13-valent Conjugate Vaccine (Diphtheria CRM_{197} Protein)

FOR MORE INFORMATION, ASK YOUR CHILD'S DOCTOR OR GO TO WWW.PREVNAR13.COM/UPDATE

Wyeth® Manufactured by Wyeth Pharmaceuticals Inc.

Marketed by Pfizer Inc. Pfizer

264589-01

Printed in USA/May 2010

IMPORTANT FACTS

Prevnar 13™
Pneumococcal 13-valent Conjugate Vaccine (Diphtheria CRM_{197} Protein)

Prev • nar 13

ABOUT PREVNAR 13™

- Prevnar 13™ is a vaccine which helps protect against 13 strains of *Streptococcus pneumoniae* (1, 3, 4, 5, 6A, 6B, 7F, 9V, 14, 18C, 19A, 19F, and 23F) that can cause invasive disease.
- Prevnar 13™ may also be used for the prevention of otitis media (ear infection) caused by *Streptococcus pneumoniae* strains 4, 6B, 9V, 14, 18C, 19F, and 23F. No efficacy data for ear infections are available for strains 1, 3, 5, 6A, 7F, and 19A.
- Prevnar 13™ may not protect all individuals receiving the vaccine. Protection against ear infections is expected to be less than that for invasive disease.
- Prevnar 13™ does not replace the use of 23-valent pneumococcal polysaccharide vaccine (PPV23) in children ≥24 months of age with sickle cell disease, damaged spleen, HIV infection, chronic illness or who have weakened immune systems.

BEFORE STARTING PREVNAR 13™

Tell your child's health care provider about all of your child's medical conditions, including:

- Previous allergic or adverse reactions to other vaccines.
- Certain conditions that weaken your child's immune system such as a damaged spleen, HIV infection, cancer, or kidney problems. Children with weakened immune systems may have a reduced immune response to Prevnar 13™.

Tell your child's health care provider about all the medicines your child takes, including prescription and over-the-counter medicines, vitamins and herbal supplements.

Especially tell your child's health care provider if your child is taking medicines that can weaken his or her immune system such as steroids (e.g., prednisone) and cancer medicines or if your child is undergoing radiation therapy.

WHO SHOULD RECEIVE PREVNAR 13™?

- Prevnar 13™ is recommended for children 6 weeks through 5 years of age.
- Prevnar 13™ is regularly given as a 4-dose series at 2, 4, 6, and 12 to 15 months of age.
- ***Transition schedule:*** Children who have received one or more doses of Prevnar® (Pneumococcal 7-valent Conjugate Vaccine [Diphtheria CRM_{197} Protein]) may complete the 4-dose immunization series with Prevnar 13™.
- ***Catch-up Schedule:*** Children 15 months through 5 years of age who have received 4 doses of Prevnar® may receive one dose of Prevnar 13™ to elicit immune responses to the six additional strains.
- The immune response from the transition or catch-up schedules might be lower for the 6 additional strains (types 1, 3, 5, 6A, 7F, and 19A) than if your child had received the full 4 doses of Prevnar 13™. It's not known how medically important this difference is.

WHO SHOULD NOT RECEIVE PREVNAR 13™?

- Children under 6 weeks of age and over 6 years of age.
- Children who have had a serious allergic reaction to any component of Prevnar 13™, Prevnar®, or any diphtheria toxoid–containing vaccine.

POSSIBLE SIDE EFFECTS OF PREVNAR 13™

Prevnar 13™ may cause serious side effects including:

- Temporary pause of breathing in some infants born prematurely
- Bronchiolitis (an infection of the lungs)
- Gastroenteritis (inflammation of the stomach and small intestine)
- Pneumonia

The most common side effects of Prevnar 13™ are:

- Redness, swelling and tenderness at the injection site
- Fever • Decreased appetite • Irritability
- Increased sleep • Decreased sleep

Any side effects associated with the vaccination should be reported to your child's health care provider. These are not all of the possible side effects of Prevnar 13™. For a complete list, ask your child's health care provider.

NEED MORE INFORMATION?

- This is only a summary of important information. Ask your child's health care provider for complete product information.
- Go to **www.prevnar13.com** or call 1-800-666-7248.

Wyeth® Manufactured by Wyeth Pharmaceuticals Inc. Marketed by Pfizer Inc. Pfizer **Rx only**

ASK ROSALIND

SMART WAYS TO HELP YOUR TWEENS & TEENS NAVIGATE THE REAL WORLD.
BY ROSALIND WISEMAN

Q» My 13-year-old, Heather, has a new friend who pressured her to shoplift (she resisted). Obviously she can't go to the mall with this girl again, but should I tell the parents what happened? I'm afraid my daughter will be harassed at school if anyone finds out that she confided in me.

A» I get that you want to protect your child, but this is one of those times when parents have to come together to raise ethical children. If the incident stays secret, the other girl's parents can't hold her accountable. So tell them, in person or on the phone, saying something like, "This is really hard to talk about, but after our kids were out together last week, Heather told us your daughter tried to shoplift." If the girl's parents become defensive, or blame your daughter, calmly say, "I'm sorry you're upset but I really thought you'd want to know." Also inform them you've told Heather not to discuss the matter outside the family. It's unlikely the other girl will spill, but if kids do get in Heather's face, she should remind them that stealing lipgloss isn't worth getting a police record.

My husband and three teenage sons walk around in their boxers even when my 10-year-old daughter is in the room. The guys see nothing wrong with this, but I do. Who's right?
The mother of three teen boys must be respected within her home. Whether or not your daughter is uncomfortable, you are. Case closed. The men should put on at least a T-shirt and sweatpants. Spell out your needs to your husband privately, then approach your sons. Remember that when you're talking to teen boys (and possibly husbands too) they won't get the message unless you're as direct as possible. Sit them down and say, "I love all of you dearly but you don't see me going around in my underwear. From now on I want you to have clothes on when you're outside your bedroom." If they don't honor your request, you have a bigger problem—they aren't taking you seriously. This is not acceptable and must be addressed directly by giving them consequences, because it's critical that everyone in a family always show consideration for one another.

MOMster *This question comes from our social network,* ***momster.com.*** *Log on to join or start a discussion and your comments could be chosen for a future Ask Rosalind.*

I received a voicemail from a mother saying her daughter and another girl are fighting over my son on Facebook and through texts. I mean, really—he's 12! What should I tell him? And how do I respond to the mom who called me?
In the June issue, I answered a question about an 11-year-old on Facebook, and several readers complained that I didn't mention that 13 is the minimum age to join. While this is technically accurate, in reality all anybody has to do is click "Yes I am 13." So while I wish it wasn't true, it's common for younger kids to be on the site. And of course, girls will fight over a boy any way they can. In your situation, thank the mom for clueing you in, then tell your son you know what's up and ask how he feels about it, being careful not to trash the girls. Explain that while it's flattering when people like you, it's also easy to be overwhelmed by the attention or let it go to your head. Also make clear that he should tell the girls in person that he doesn't like what they're saying about each other. And this is definitely the time to review his e-mail and texts every few days to be sure he's not adding to the drama.

Rosalind Wiseman is an educator and the author of the newly revised *Queen Bees and Wannabes*. She regularly works with kids, parents and schools on issues such as peer pressure, bullying prevention and media literacy. For more information, go to rosalindwiseman.com.

FamilyCircle.com Find more solutions to parenting dilemmas like these at familycircle.com/rosalind. Do you have a specific question you'd like considered for an answer in the column? E-mail askrosalind@familycircle.com.

Photo: Steven Puetzer/Getty Images.

X THE TXT

Find out how your teen can join the Jonas Brothers and Jordin Sparks by signing Allstate's Teen Driver Pledge. Visit familycircle.com/teendriving

driven <<TO>> distraction

CELL PHONES, MUSIC, PARTYING PASSENGERS—WITH SO MUCH COMPETING FOR TEENS' ATTENTION, IT CAN BE HARD FOR THEM TO STAY FOCUSED BEHIND THE WHEEL.

BY RICHARD LALIBERTE

Reggie Shaw doesn't remember much about the crash. In the early morning of September 22, 2006, he was driving to work on a two-lane country road in Logan, Utah, when his car crossed the center line and clipped an oncoming vehicle. What happened next was so traumatic that Shaw's 19-year-old mind blocked out the details: The other car swung out of control and was hit broadside by a pickup truck. Though neither Shaw nor the truck driver was hurt, two men in the other car were killed instantly. "I was in total shock," Shaw says.

How could something so horrible have happened on a routine morning drive? The answer came in a forgotten detail revealed by phone records. At the time of the deadly collision, Shaw had been sending a text message. "Texting while driving was something I did all the time," he admits. "I never imagined a simple message could change lives forever. It was an ignorant, terrible, selfish choice that will haunt me for the rest of my life."

ILLUSTRATIONS BY EDDIE GUY

LEARNING CURVE

Congress is now considering the Safe Teen and Novice Driver Uniform Protection (STANDUP) Act, which would encourage states to adopt standards for gradually phasing in full driving privileges to young drivers as they gain experience, skills and maturity. Provisions include:

- **No permits before age 16**
- **No more than one friend under 21 in the car without an adult until a teen is fully licensed at 18 or older**
- **Restricted night driving until a teen is fully licensed**
- **No cell phones behind the wheel at least until fully licensed**

To send a note to your representative in support of the bill, go to familycircle.com/teendriving

16% of teen drivers involved in a fatal crash were distracted at the time—higher than any other age group.

NATIONAL HIGHWAY TRANSPORTATION SAFETY ADMINISTRATION

Sentenced to 30 days in jail, 200 hours of community service and a year's probation for negligent homicide, Shaw got off easy. The outcry over his case led Utah to pass tough new laws banning texting while driving, and to stiffen fines and jail time for violators.

Distracted driving has become epidemic for a generation of kids who have grown up with technology at their fingertips. Between 1999 and 2008, deadly nighttime crashes involving drivers between the ages of 16 and 19 increased by 10%—and researchers largely blame driver distraction on texting or talking on cell phones. Today, 30 states and the District of Columbia forbid texting behind the wheel, and 28 ban any type of handheld cell phone use by novice drivers. Other states are considering graduated licensing laws that restrict young drivers from using mobile electronics until they're older and more experienced (see box, "Learning Curve"). A federal law is in the works as well. "It's definitely a hot-button issue," says Judie Stone, president of Advocates for Highway and Auto Safety. "I've never seen so much legislative activity over a safety concern."

But laws alone aren't enough to keep kids focused on the road, and restricting mobile devices doesn't bring crash rates down. That's because enforcement isn't the only issue, according to Flaura Winston, Ph.D., principal investigator at the Young Driver Research Initiative, a collaboration between Children's Hospital of Philadelphia and State Farm Insurance. "Most laws ban only handheld phones, but hands-free phones are just as distracting," she says. "While physically holding a device is dangerous, a kid talking hands-free is also likely to stop scanning the road and stare straight ahead. It's like having tunnel vision."

Almost 90% of teens say they've seen other kids talk on phones behind the wheel, according to the Young Driver Research Initiative. And since young drivers are already disadvantaged by their inexperience, this type of diversion adds yet another layer of danger.

The good news is that kids who don't pay attention to laws can still be persuaded to drive more safely—by you.

TECH SUPPORT The Steer Clear Mobile app teaches young people positive driving behaviors and can increase eligibility for a discount on State Farm auto insurance in some states. Kids can log driving experiences, get safety tips and learn about road hazards. The free app is available for iPhone, iPod Touch and iPad. Check out more useful driving apps for teens at familycircle.com/teendriving

“Parents who talk about distractions and set rules can reduce the likelihood of teens using cell phones by 30% and slash their crash risk by half,” Winston says. The first step? Make sure kids are well-versed in the sad, scary facts.

Teen drivers are four times more likely than adults to be in a fatal crash.

CELL PHONES CAN BE AS DANGEROUS AS ALCOHOL

Tailgating, swerving, constantly changing speed—these seem like signs of drunk driving. But they’re actually behaviors of someone on a phone behind the wheel, according to a study at the University of Utah. Researchers used a driving simulator to compare people who were drunk with those on cell phones and found that while people with a blood alcohol content of .08% tended to drive more aggressively than cell users, both groups crashed at about the same rate.

A cell phone conversation impairs the brain—similar to the way downing an 80-proof vodka–orange juice cocktail does. But in this case it’s an overload of stimuli, not alcohol. “The frontal and parietal cortexes are responsible for spatial processing, decision-making, coordination and focus—all critical for driving,” says study author and psychology professor David Strayer, Ph.D. A phone conversation introduces other thoughts into that careful calibration. “Overstimulation is actually worse for teens than for adults because their brains aren’t fully developed,” says Strayer. A teen might look directly at a hazard and still not grasp it; this is called inattention blindness. “The brain may not produce thoughts like, ‘That light is red and I should stop,’” Strayer says. The look-but-don’t-see phenomenon slows cell users’ reaction time and makes them 10 times more likely to run a stop sign. “You’d think drivers would be more likely to notice something important, but they don’t,” Strayer says. “They’re just as blind to a pedestrian as to a billboard.” Even people using hands-free phones are four to five times more likely to be in a serious crash than drivers who aren’t on a phone. And while drinking-related crashes kill fewer teens today than 20 years ago, non-alcohol driving fatalities are steadily climbing, Strayer says. “We’ve traded one threat for another.”

TEENS KNOW TEXTING IS RISKY—BUT THEY STILL DO IT

In surveys by the Allstate Foundation, 87% of teens say texting while driving is a huge risk. Another 65% describe themselves as good drivers who pay attention. Yet two-thirds of those same teens say they’ve texted behind the wheel themselves—and far more say they’ve made or answered a call. The top reason for taking such dangerous risks? Not thinking about consequences at that moment.

Strayer also blames denial. “People think they’re better at multitasking than they actually are.” Tech-toting teens are oblivious to things that would indicate poor driving, like swerving or hitting the brakes at the last minute. “Distracted drivers who come close to crashing don’t even realize it,” says Charlie Klauer, Ph.D., a research scientist at the Virginia Tech Transportation Institute who placed cameras on the inside and outside of 100 cars and watched real-road driving. Teens think their behavior is safe if they take quick glances and keep checking the road, she says. (After all, other drivers take their eyes off the road to check their mirrors and change lanes.) But the difference is time: Klauer found that crash risk for drivers who look away from the road for more than two out of six seconds is two times greater than for an alert

DRIVING THE MESSAGE HOME

When a teen resists your rules, keep the conversation positive by combining hard facts with a supportive, caring attitude, says Kenneth Ginsburg, M.D., an adolescent medicine specialist at Children’s Hospital of Philadelphia.

YOUR TEEN SAYS	YOU SAY
The reason you think texting is a distraction is because you don’t know how to do it. I’m much faster.	You’re definitely better at it than I am. But it’s not just about what your fingers are doing. Your mind is no longer on the road because you are thinking about other things.
How do you even know cell phones are dangerous?	To prevent a crash, a driver has only three seconds—or less—to notice what’s happening, process it and make a quick decision about what to do. I don’t use my phone behind the wheel, either, because we can’t afford to waste those seconds.
I can’t say no to my friends when they ask for a ride. That would be rude!	I like your friends, but I also care about their safety—and yours. Even well-behaved passengers can increase a new driver’s crash risk fivefold. We can revisit this after you’ve been driving for a year without incident.
If I can’t answer my cell phone, my friends won’t be able to reach me when they need to.	I am not asking you to be disconnected from your friends. I just want you to turn off your cell until you get where you’re going or pull over to a safe area if you need to make a call or send a text.

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driver. And texting requires looking away for an average of 4.6 seconds. In fact, drivers are five times more likely to crash while texting and dialing than while glancing at a passenger.

FamilyCircle.com
To read more of Tyler Mayer's account, go to familycircle.com/teendriving

Tyler Mayer of Greenville, Michigan, learned that lesson on the Fourth of July in 2009 while driving to a family gathering with his girlfriend. The 18-year-old checked an incoming text message and suddenly found his pickup heading off the road. Swerving, he lost control and rolled three times. "I only had my eyes off the road for a few seconds," he says. "But the truck was totaled." Fortunately, both teens were buckled up and escaped with minor bruises and scratches.

WE'RE PROGRAMMED TO ANSWER

Even a teen who knows better than to initiate calls behind the wheel will dive for a vibrating phone. "People are conditioned to pick up when the phone rings," Winston says. There's also pressure from senders to get a reply. "You feel like you have to answer right then and there," says Nicole Meredith, 18, of Louisville, Kentucky. "Everyone wants an instant response." Waiting to reply didn't occur to Meredith in July 2008 as she drove to a sleepover at her best friend's house. When her pal texted wanting to know where she was, Meredith started to text, "I'll be there … " In those few seconds she crossed the left lane, hit the median and spun out. "Everything was a blur," she says. "I heard the tires screeching and a huge boom." She collided with a barrier that kept her from smashing into oncoming traffic on the opposite side of the highway and was lucky enough to walk away unharmed. Other teens suffer far worse consequences. Amanda Martin, 17, of Southbridge, Massachusetts, was texting several friends on her way to school one morning in 2007 when her car left the road and hit a tree. She died that day. "Coming around a curve, she just sailed off the road," says her mother, Melissa. "There were no skid marks—she never even hit the brakes."

OTHER DISTRACTIONS TAKE THEIR TOLL

From her camera-in-car research, Klauer has seen kids do so many dangerous things—from changing clothes to putting in contact lenses—that nothing surprises her. Even listening to music can be distracting on several levels, according to Winston. "The song might take a teen's mind to an emotional place where she's dreamy or upset instead of focused on the road. Kids often crank up the volume and sing or dance along, which distracts the brain even more and makes a driver less likely to hear a siren or honking horn. Sometimes friends turn up a song that the driver doesn't like just to tease her—and then she's yelling in the car."

THE POWER OF EXAMPLE

47% OF ADULTS ADMIT TO TEXTING WHILE DRIVING

34% OF 16- AND 17-YEAR-OLDS ADMIT TO TEXTING WHILE DRIVING

75% OF ADULTS WITH CELL PHONES ADMIT TO TALKING ON THE PHONE WHILE DRIVING

52% OF 16- AND 17-YEAR-OLDS SAY THEY HAVE TALKED ON THE PHONE WHILE DRIVING

Additional passengers are a huge problem as well: Almost 70% of teens say they've seen people in the car "acting wild" while a friend was driving. Even one extra person in the car doubles the probability of a crash. Two or more? The crash risk for a young person escalates by a factor of five. "What happens is car piling," Winston says. "The driver offers to take a friend, but that friend asks him to drive another friend who wants to pick up someone else. Soon the car becomes like a party in your living room—a place to dance, fight, talk about upsetting things and scream out the window." Of course kids don't fully comprehend these hazards: According to Allstate, 44% of teens admit they drive more safely alone, yet only 14% consider friends a big distraction.

GIRLS ARE RISKY, TOO

While boys have a history of more aggressive driving (and higher insurance rates to match), distractions are closing the safety gap. Girls are more likely than boys to talk and text on a cell, sing, dance and eat behind the wheel, according to the Allstate Foundation. In fact, 66% of girls frequently drive while singing or dancing to music, and 63% crank up the volume. And they're more likely to blow off the risks: Half of girls (but only about a third of boys) say they'll probably use a cell phone while driving in the future. They are also less likely to speak up if a friend's driving behavior makes them uncomfortable. That's troubling to Reggie Shaw. "I learned the hard way how deadly distracted driving can be," he says. "Every day I look in the mirror and see someone who took lives in an accident that didn't have to happen." ●

roadblock to common sense

Distracted driving is just one factor making car crashes the leading cause of death for teens. Drinking and driving also remains a serious problem, according to Mothers Against Drunk Driving. An impaired teen lacks coordination and judgment; couple that with inexperience behind the wheel and you've got a deadly combination. In fact, 40% of all alcohol-related fatalities in the United States are caused by teens drinking and driving. While zero-tolerance laws have helped reduce teen casualties, it is still important for parents to emphasize that driving after any amount of drinking is not just illegal, but unsafe. Let your teen know that instead of getting in the car with someone who has consumed alcohol, she should call you for a ride—no questions asked.

MOMster Got a teen behind the wheel? Ask questions and read about other moms' experiences at momster.com/fc/teendriving

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Medication Guide

MEDICATION GUIDE
SIMPONI® (SIM-po-nee)
(golimumab)

Read the Medication Guide that comes with SIMPONI before you start taking it and each time you get a refill. There may be new information. This Medication Guide does not take the place of talking with your doctor about your medical condition or treatment. It is important to remain under your doctor's care while using SIMPONI.

What is the most important information I should know about SIMPONI?

SIMPONI is a medicine that affects your immune system. SIMPONI can lower the ability of your immune system to fight infections. Some people have serious infections while taking SIMPONI, including tuberculosis (TB), and infections caused by bacteria, fungi, or viruses that spread throughout their body. Some people have died from these serious infections.

- Your doctor should test you for TB before starting SIMPONI.
- Your doctor should monitor you closely for signs and symptoms of TB during treatment with SIMPONI.

You should not start taking SIMPONI if you have any kind of infection unless your doctor says it is okay.

Before starting SIMPONI, tell your doctor if you:

- think you have an infection or have symptoms of an infection such as:
  - fever, sweat, or chills
  - muscle aches
  - cough
  - shortness of breath
  - blood in phlegm
  - weight loss
  - warm, red, or painful skin or sores on your body
  - diarrhea or stomach pain
  - burning when you urinate or urinate more often than normal
  - feel very tired
- are being treated for an infection
- get a lot of infections or have infections that keep coming back
- have diabetes, HIV, or a weak immune system. People with these conditions have a higher chance for infections.
- have TB, or have been in close contact with someone with TB
- live, have lived, or traveled to certain parts of the country (such as the Ohio and Mississippi River valleys and the Southwest) where there is an increased chance for getting certain kinds of fungal infections (histoplasmosis, coccidioidomycosis, blastomycosis). These infections may happen or become more severe if you use SIMPONI. Ask your doctor if you do not know if you have lived in an area where these infections are common.
- have or have had hepatitis B
- use the medicine Orencia (abatacept), Kineret (anakinra), or Rituxan (rituximab)

After starting SIMPONI, call your doctor right away if you have any symptoms of an infection. SIMPONI can make you more likely to get infections or make worse any infection that you have.

Cancer

- There have been cases of unusual cancers in children and teenage patients taking TNF-blocking agents.
- For children and adults taking TNF-blocker medicines, including SIMPONI, the chances of getting lymphoma or other cancers may increase.
- People with inflammatory diseases including rheumatoid arthritis, psoriatic arthritis, or ankylosing spondylitis, especially those with very active disease, may be more likely to get lymphoma.

What is SIMPONI?

SIMPONI is a prescription medicine called a tumor necrosis factor (TNF) blocker. SIMPONI is used in adults:

- with the medicine methotrexate to treat moderately to severely active rheumatoid arthritis (RA)
- to treat active psoriatic arthritis (PsA) alone or with methotrexate
- to treat active ankylosing spondylitis (AS)

You may continue to use other medicines that help treat your condition while taking SIMPONI, such as non-steroidal anti-inflammatory drugs (NSAIDs) and prescription steroids, as recommended by your doctor.

What should I tell my doctor before starting treatment with SIMPONI?

SIMPONI may not be right for you. Before starting SIMPONI, tell your doctor about all your medical conditions, including if you:

- have an infection (see **"What is the most important information I should know about SIMPONI?").**
- have or have had lymphoma or any other type of cancer.
- have or had heart failure.
- have or have had a condition that affects your nervous system, such as multiple sclerosis.
- have recently received or are scheduled to receive a vaccine. People taking SIMPONI should not receive live vaccines. People taking SIMPONI can receive non-live vaccines.
- are allergic to rubber or latex. The needle cover on the prefilled syringe and SmartJect autoinjector contains dry natural rubber.
- are pregnant or planning to become pregnant. It is not known if SIMPONI will harm your unborn baby.
- are breastfeeding. You and your doctor should decide if you will take SIMPONI or breastfeed. You should not do both without talking to your doctor first.

Tell your doctor about all the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements. Especially, tell your doctor if you use:

- ORENCIA (abatacept), KINERET (anakinra), or RITUXAN (rituximab). You should not take SIMPONI while you are also taking ORENCIA or KINERET. Your doctor may not want to give you SIMPONI if you have received RITUXAN recently.
- Another TNF-blocker medicine. You should not take SIMPONI while you are also taking REMICADE (infliximab), HUMIRA (adalimumab), ENBREL (etanercept), or CIMZIA (certolizumab pegol).

Ask your doctor if you are not sure if your medicine is one listed above.

Keep a list of all your medications with you to show your doctor and pharmacist each time you get a new medicine.

How should I use SIMPONI?

- SIMPONI is given as an injection under the skin (subcutaneous injection or SC).
- SIMPONI should be injected one time each month.
- If your doctor decides that you or a caregiver may be able to give your injections of SIMPONI at home, you should receive training on the right way to prepare and inject SIMPONI. Do not try to inject SIMPONI yourself until you have been shown the right way to give the injections by your doctor or nurse.
- Use SIMPONI exactly as prescribed by your doctor.
- SIMPONI comes in a prefilled syringe or SmartJect™ autoinjector. Your doctor will prescribe the type that is best for you.
- See the detailed ***Patient Instructions for Use*** at the end of this Medication Guide for instructions about the right way to prepare and give your SIMPONI injections at home.
- Do not miss any doses of SIMPONI. If you forget to use SIMPONI, inject your dose as soon as you remember. Then, take your next dose at your regular scheduled time. In case you are not sure when to inject SIMPONI, call your doctor or pharmacist.

What are the possible side effects with SIMPONI?
SIMPONI can cause serious side effects, including:

See **"What is the most important information I should know about SIMPONI?"**

Serious Infections
Hepatitis B infection in people who carry the virus in their blood.
- If you are a carrier of the hepatitis B virus (a virus that affects the liver), the virus can become active while you use SIMPONI. Your doctor may do blood tests before you start treatment with SIMPONI and while you are using SIMPONI. Tell your doctor if you have any of the following symptoms of a possible hepatitis B infection:
  - feel very tired
  - skin or eyes look yellow
  - little or no appetite
  - vomiting
  - muscle aches
  - dark urine
  - clay-colored bowel movements
  - fevers
  - chills
  - stomach discomfort
  - skin rash

Heart failure, including new heart failure or worsening of heart failure that you already have. New or worse heart failure can happen in people who use TNF-blocker medicines like SIMPONI.
- If you have heart failure, your condition should be watched closely while you take SIMPONI.
- Call your doctor right away if you get new or worsening symptoms of heart failure while taking SIMPONI (such as shortness of breath or swelling of your lower legs or feet).

Nervous System Problems
Rarely, people using TNF-blocker medicine have nervous system problems such as multiple sclerosis.
- Tell your doctor right away if you get any of these symptoms:
  - vision changes
  - weakness in your arms or legs
  - numbness or tingling in any part of your body

Liver Problems
Liver problems can happen in people who use TNF-blocker medicines, including SIMPONI. These problems can lead to liver failure and death. Call your doctor right away if you have any of these symptoms:
- feel very tired
- skin or eyes look yellow
- poor appetite or vomiting
- pain on the right side of your stomach (abdomen)

Blood Problems
Low blood counts have been seen with other TNF blockers. Your body may not make enough blood cells that help fight infections or help stop bleeding. Symptoms include fever, bruising or bleeding easily, or looking pale. Your doctor will check your blood counts before and during treatment with SIMPONI.

Common side effects with SIMPONI include:
- upper respiratory tract infection
- nausea
- abnormal liver tests
- redness at the site of injection
- high blood pressure
- bronchitis
- dizziness
- sinus infection (sinusitis)
- flu
- runny nose
- fever
- cold sores
- numbness or tingling

Other side effects with SIMPONI include:
- **Immune System Problems.** Rarely, people using TNF-blocker medicines have developed symptoms that are like the symptoms of lupus. Tell your doctor if you have any of these symptoms:
  - a rash on your cheeks or other parts of the body
  - sensitivity to the sun
  - new joint or muscle pains
  - becoming very tired
  - chest pain or shortness of breath
  - swelling of the feet, ankles, and/or legs
- **Psoriasis.** Some people using SIMPONI had new psoriasis or worsening of psoriasis that they already had. Tell your doctor if you develop red scaly patches or raised bumps that are filled with pus. Your doctor may decide to stop your treatment with SIMPONI.
- **Allergic Reactions.** Allergic reactions can happen in people who use TNF-blocker medicines. Call your doctor right away if you have any of these symptoms of an allergic reaction:
  - hives
  - swollen face
  - breathing trouble
  - chest pain

These are not all of the side effects with SIMPONI. Tell your doctor about any side effect that bothers you or does not go away. Call your doctor for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.

How do I store SIMPONI?
- Refrigerate SIMPONI at 36ºF to 46ºF (2ºC to 8ºC).
- Do not freeze SIMPONI.
- Keep SIMPONI in the carton to protect it from light when not being used.
- Do not shake SIMPONI.

Keep SIMPONI and all medicines out of the reach of children.

General Information about SIMPONI
Medicines are sometimes prescribed for purposes other than those listed in the Medication Guide. Do not use SIMPONI for a condition for which it was not prescribed.
- Do not give SIMPONI to other people, even if they have the same condition that you have. It may harm them.
- This Medication Guide summarizes the most important information about SIMPONI. If you would like more information, talk to your doctor. You can ask your doctor or pharmacist for information about SIMPONI that is written for health professionals. For more information go to www.simponi.com or call 1-800-457-6399.

What are the ingredients in SIMPONI?
Active ingredient: golimumab.
Inactive ingredients: L-histidine, L-histidine monohydrochloride monohydrate, sorbitol, polysorbate 80, and water for injection. SIMPONI does not contain preservatives.

Manufactured by:
Centocor Ortho Biotech Inc.
Horsham, PA 19044
US License No. 1821

Revised: 11/2009
25GL09421R

This Medication Guide has been approved by the U.S. Food and Drug Administration.

Simponi®
golimumab

CALL OF DUTY

Barbara Van Dahlen's **Give an Hour** pairs returning troops—and their families—with free mental health services so that they never have to struggle alone.

★★★★★★

BY CELIA SHATZMAN
PHOTOGRAPHY BY MALEK NAZ FREIDOUNI

HORIZON

MILK WITH DHA OMEGA-3 ISN'T ROCKET SCIENCE.

But it is genius.

Studies show kids don't get enough DHA Omega-3, a nutrient which supports healthy brain development.* But now it's available in a drink kids love, Horizon Organic® Milk Plus DHA Omega-3. Wholesome, organic milk, it's as delicious as it is smart. And it even comes in rich, creamy chocolate. **To learn about DHA, get coupons and more, join our community at www.HorizonOrganicDHA.com.**

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HEALTHY BRAIN, EYES, HEART

There's a better future
ON THE HORIZON.™

HORIZON ORGANIC
DHA OMEGA-3
helps support a healthy brain
2%
organic
REDUCED FAT MILK
HALF GALLON (1.89 L)

*Kris-Etherton, et al.; *Am J Clin Nutr* 2000;71(suppl):179S-88S.

Barbara with daughters Gracie, 14, and Mira, 10.

It was another hot, sticky summer day in Bethesda, Maryland, five years ago, and Barbara Van Dahlen was driving her daughters, Gracie and Mira, then 9 and 5, to swim practice. Gracie looked out the car window and saw a man in army fatigues holding a sign that read: HOMELESS VIETNAM VET. PLEASE HELP. GOD BLESS. "My daughter asked, 'Mommy, how can we let this happen to a veteran?'" says Barbara, now 51. "I knew right then I couldn't let my daughters grow up wondering why we didn't do anything to help. I thought, if someone needed to step up, it might as well be me."

Barbara was raised in the shadow of war—her father was a World War II veteran. "My dad never talked about his experiences," she says. "But he always stressed integrity, honor and service." She also grew up during the Vietnam War, and was well aware of its psychic toll. "Many of the local boys in our little rural California town were drafted and a lot of them didn't come back," she says. "Those who did were changed. I was still young when the war ended, but I could see even then that many of them were in terrible emotional pain."

Being a psychologist, Barbara knew she had the expertise to help. "We have so much more knowledge about stress now," she says. "We can do a better job with our men and women returning from Iraq and Afghanistan." Her idea was to create a national network of

AT YOUR SERVICE

Often it happens that a friend or family member who needs therapy refuses to go. Rather than nag or pressure the person, you should reach out to a counselor. As your loved one sees you developing a relationship with a counselor, he may take your concern more seriously and, since you've taken the first step, feel safer coming with you or going on his own. If you still meet resistance, your counselor should be able to help you find the right language. "What's most effective is to use loving, hopeful words to state that you see the pain they're in and that you want to help," Barbara Van Dahlen explains. "Say, 'I'm in this with you, and we'll figure it out together.' That's a powerful message for someone who is struggling."

★★★★★★★★★★

mental health professionals who would provide free ongoing counseling services. "When someone goes to war and sees and experiences unimaginable horrors, it takes a toll on his mind," she says. "Not everyone is severely damaged, but we need to wrap our arms around the ones who are." In a matter of weeks Barbara had assembled a board and recruited volunteers to help create a website. Give an Hour (GAH) became an official nonprofit in January 2006, and had 1,200 volunteers providing counseling by May 2008.

> "I'm especially concerned about the children and younger siblings of veterans, knowing how the effects of trauma can trickle down within families."

Its task is enormous. Since 2001 more than 1.9 million troops have been deployed to Afghanistan, Iraq and the Persian Gulf, and nearly 40% more than once. At least 20% of returning personnel experience severe depression or post-traumatic stress disorder (PTSD), and the suicide rate in the armed forces is the highest it's ever been. At the same time, only about half of suffering returnees seek treatment. "The military is doing more than they ever have, but the system is complicated," Barbara says. "And while they're trying to get out the message that it's courageous rather than shameful to go for counseling, that perspective hasn't always filtered down the ranks." GAH fills in the gap, working as a separate organization but with the government's approval. "We're here to collaborate and coordinate," says Barbara.

The nonprofit provides treatment for anxiety, depression, substance abuse, anger management, PTSD, traumatic brain injuries, sexual-health and intimacy issues, family problems, and loss and grieving. Relatives are also eligible for assistance. "We define 'family' as any person who loves someone affected by the wars," Barbara says, which includes unmarried life partners and close friends. "I'm especially concerned about the children and younger siblings of the veterans, knowing how the effects of trauma can trickle down within families," she explains. "An angry or withdrawn member of the household affects everyone."

Now over 5,000 licensed mental health professionals representing all 50 states have registered to participate, each person donating an hour a week. Clients use a zip code finder on the website to locate providers in their area, choosing from particular specialties, such as marital counseling or PTSD. Or they can answer a brief questionnaire that will guide them to the right service. The therapists determine how often they see a client and for how many sessions, with no restrictions on

Barbara at the Governor's 27th Annual Volunteer Awards Ceremony in Maryland with Izzy Patoka, executive director of the Governor's Office of Community Initiatives (left), and Lt. Governor Anthony G. Brown.

FIND HELP

- ★ **GIVE AN HOUR**, giveanhour.org
- ★ **UNITED STATES DEPARTMENT OF VETERANS AFFAIRS**, va.gov
- ★ **TRICARE**, tricare.mil
- ★ **AMERICAN PSYCHIATRIC ASSOCIATION**, psych.org
- ★ **AMERICAN PSYCHOLOGICAL ASSOCIATION**, apa.org
- ★ **NATIONAL ASSOCIATION OF SOCIAL WORKERS**, naswdc.org
- ★ **MENTAL HEALTH AMERICA**, nmha.org
- ★ **AMERICAN ASSOCIATION FOR MARRIAGE AND FAMILY THERAPY**, aamft.org
- ★ **STATE DEPARTMENTS OF MENTAL HEALTH; COMMUNITY MENTAL HEALTH CENTERS**

length of treatment. Volunteer therapists are required to commit to one year but most stay longer.

To expand services and get the word out, GAH now has a staff doing outreach, consulting with other nonprofits and providing educational programs. It has teamed up with Big Brothers Big Sisters to provide counselors for kids who have a parent currently deployed, and with AARP to recruit seniors to assist military families. This fall it also launched Community Blueprint, which helps local leaders develop ongoing support for military families.

Barbara relies on several corporate sponsors, gifts from individual donors, grants and small fundraisers to meet expenses like printing brochures for marketing. Her favorite fundraiser is Swim for the Troops, because her daughters, both competitive swimmers, have helped organize it for the past four years. Last July nearly 100 children—many of them Gracie's and Mira's friends—participated, raising almost $1,500. "It's important that we all help military families," Gracie says. "Thanks to my mom, I'm aware of what our soldiers do and how much they give. I want to make sure that people are thankful for that." Barbara met her husband, Randy Phelps, Ph.D., through Give an Hour—he is a deputy executive director at the American Psychological Association. "Give an Hour is a family passion for us," says Barbara. "My girls are both very proud to help, whether it's stuffing envelopes or organizing the swim meet."

As GAH evolves, Barbara hopes they will continue consulting with the government to improve mental health services to veterans. Last year Barbara was invited to the White House to speak about the subject. She also gave a presentation to the House Committee on Veterans Affairs. "We want it to be automatic that our military men and women come home and get the right kind of support; it shouldn't be a stigmatized endeavor," she says. "By accepting help, they can really change the way our culture views the mental health consequences of war. If we all give a little bit, we can do a lot." ●

VOLUNTEERS WANTED ›› Licensed mental health professionals can sign up to become a provider at giveanhour.org. Give an Hour also needs support—including financial—in other areas, like outreach, education, marketing/public relations and administration; e-mail info@giveanhour.org to learn more.

Photo: Courtesy of Governor's Press Office.

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HOME IS WHERE THE FUN IS

Staying in is the new going out, so gather the gang—and some good food and games—on SATURDAY, NOVEMBER 6, when *Family Circle* sponsors its first-ever Family Night In. Below, dozens of ideas to get the party started.

ALL TOGETHER NOW

Between work, school, extracurricular activities and growing to-do lists, it can feel impossible to score family downtime. Make bonding a priority by scheduling a Family Night In—ask everyone to keep the evening of November 6 free. And don't worry that your teens will roll their eyes at your request. "Kids not only *need* to spend time with you—they really want to, regardless of what they may say," says Meg Meeker, M.D., author of the soon-to-be published *10 Habits of Happy Mothers*. Meeker suggests the following to make the night a success.

→ **Let your teens know how much you miss quality family time.**

→ **Choose games or activities that encourage teamwork, not just one-on-one competition.**

→ **Let kids make suggestions—they're more likely to be engaged when their input matters.**

→ **Designate the night as uninterruptable. Turn off all cell phones, laptops and iPods. (That means mom and dad, too!)**

5 WAYS TO POP IT

Snazz up a simple movie snack with unexpected flavors.

Heat 3 tbsp canola oil in a large lidded pot. ❑ Add ½ cup popcorn kernels. ❑ Cover and cook over high heat. Once kernels begin to pop, reduce heat to medium-high. Shake pot, lifting on and off burner. ❑ Cook 1 minute, or until time between pops slows way down. ❑ Pour into bowl; add seasonings (below).

→ **ITALIAN HERB** Toss with 3 tbsp grated Parmesan and ¼ tsp Italian herbs.

→ **CHILI** Sprinkle popcorn with a mix of ¼ tsp chili powder, ⅛ tsp *each* salt and pepper.

→ **TRAIL MIX** Add ½ cup *each* peanuts, M&Ms and Craisins. Season with ¼ tsp salt.

→ **CINNAMON SPICE** Sprinkle with 2 tbsp cinnamon sugar and ¼ tsp salt.

→ **COCOA** Blend ¼ cup cocoa, 2 tbsp confectioners' sugar and ¼ tsp salt in a small bowl. Toss with popcorn.

MOVIE MATCHMAKER

Is your Netflix queue longer than lines for amusement park rides? Say goodbye to indecision—we've got picks for every family's personality. Make it a double feature to satisfy multiple interests.

Iron Man 2 Some kids collect stamps; yours collect comic books. They'll dig the movie version of this Marvel favorite.

Diary of a Wimpy Kid Let your future comedians laugh the night away.

Glee: The Complete First Season If drama is your teen's specialty, here's one way to get everyone in harmony.

The Karate Kid Guaranteed to give aspiring ninjas and martial arts devotees a real kick.

Percy Jackson & the Olympians: The Lightning Thief Learn about ancient Greek heroes and gods—mythology has never been so cool.

How to Train Your Dragon This enchanting flick's Vikings and dragons will cast a spell over your gang.

Text **FCNOV6** to **76477 (S-N-I-P-P)** to watch our Food Director prepare a tasty snack for your Family Night In. The first 100 people to text will receive a FREE cookbook! See page 222 for rules.

ILLUSTRATIONS BY ANDREW BANNECKER

GAME PLAN

How about a little friendly competition? Pick teams and fire up the console with one of our favorite video game titles from the recent past.

2005 → Guitar Hero The first rhythm-based video game in North America has spawned over a dozen rockin' sequels—and millions of fans. (Rated T; PS2)

2006 → Wii Sports Packaged with the Wii console, this became the best-selling video game of all time—silly-looking Mii characters included. (Rated E; Wii)

2007 → Super Mario Galaxy Nintendo's famed hero and his brother Luigi launch into outer space—in 3-D—to defeat enemies and return Princess Peach's castle to Mushroom Kingdom. (Rated E; Wii)

2008 → Shaun White Snowboarding A skateboarder and Olympic half-pipe champion brings living rooms to life with cool tricks and challenging peaks. (Rated T and E; Wii, Xbox 360, PS3, PS2, DS, PSP)

2009 → Karaoke Revolution Six years after its initial release, the famous game has been rebooted with 50 master tracks from artists like Pink, David Bowie and the Jackson 5 (Rated T; Wii, Xbox 360, PS3)

ON SHELVES THIS MONTH → Pac-Man Party Revel in the nostalgia as the iconic yellow guy celebrates his 30th anniversary. Use your reflexes to beat opponents in virtual game worlds, or experience the original arcade version from the comfort of your couch. (Wii)

FAMILY IS THE NUMBER ONE THING THAT MAKES 13- TO 24-YEAR-OLDS HAPPY IN LIFE. MTV/Associated Press, 2007

BE CRAFTY

Make your memories last by creating a scrapbook. With a few key materials from a craft store (a scrapbook or blank album, glue, and accessories like decorative-edge scissors, colorful paper and glitter), you can share your family's story and personality in a fun and easy way. Collaborate on the first two pages and then let each person decorate his own page with movie tickets, artwork or other mementos. Add stickers, write captions and let your inspiration rule. Don't forget to dig out old family photos as well as newer ones, and include snaps of you and your husband as teens—the kids will get a kick out of mom's and dad's funny clothes and hair.

FamilyCircle.com For more great ideas, go to **familycircle.com/night**

THE BEST NEW VIDEO GAMES FOR FAMILIES

19 TERRIFIC RELEASES FOR TWEENS, TEENS, PARENTS TOO.

BY SCOTT ALEXANDER

Rock Band 3

PS3, Wii, Xbox 360

A substantial upgrade from the geniuses behind the first two Rock Bands and Guitar Hero. The game will work fine with the "old" instruments if you have them, but investing in the latest keyboard, $80, which boasts a two-octave controller, ups the ante considerably. So would a new Pro guitar controller, $150, which has six actual strings and 102 buttons that mimic a genuine fretboard. Four words: Coolest party game ever. (Various bundles of the game plus instruments will be available at retailers.)

Epic Mickey **Wii**

Game design legend Warren Spector reimagines the iconic mouse in a refreshingly dark alternate universe alongside a tribe of long-forgotten Disney characters. Join Mickey as he tries to change the world by battling numerous enemies and art styles, using paint and paint thinner to change the world.

◀ Need for Speed Hot Pursuit **PC, PS3, Xbox 360**

Set in fictional Seacrest County with over 100 miles of open road for cops-and-robbers–style play at breakneck speeds. The Lamborghini Reventón is exclusively for police.

HEY DAD, QUIT HOGGING THE WII!

IN 2010 26% OF AMERICANS OVER AGE 50 PLAY VIDEO GAMES, UP FROM JUST 9% IN 1999.

Star Wars: The Force Unleashed 2

PS3, Xbox 360

Feel like a Jedi at the height of his powers and glean tidbits of the Star Wars story more compelling than what's found in the prequels.

Costume Quest PS3, Xbox 360

The download-only game stars kids vying for candy on Halloween night wearing magic garments that give them special powers. More childlike than childish, it appeals to both boys and girls and has a deliciously warped sense of humor.

Civilization 5 PC, Mac

The tried-and-true is back with the same basic setup but a revamped gameplay system that's more intuitive, with several strategic shifts. Build one of the world's great civilizations from the dawn of time through the far-flung future.

$10.5 BILLION
AMOUNT GENERATED BY U.S. COMPUTER AND VIDEO GAME SOFTWARE SALES IN 2009

Lego Universe PC, Mac

An MMO, which stands for massively multiplayer online game. This one's a twist on the traditional that allows players to craft their own worlds amidst tons of quest-y action. If you ever doubted that screen time could make a kid smarter, check it out.

▲ Def Jam Rapstar

PS3, Wii, Xbox 360

How is it that there hasn't been a rap karaoke game until now? At last, budding MCs can live out their hip-hop dreams. Don't sweat the T (for Teen) rating—all rhymes are swear-free radio edits.

The Sly Collection PS3

The three Sly Cooper games that came out on the Playstation 2 were cartoony classics—think *Ocean's Eleven* for the under-15 set. They've been lovingly remastered to bring them up to today's graphical quality and released on one Blu-Ray for the PS3.

Wii Party Wii

The latest in a long line of charming Mario Party games that somehow manage to entertain across the age spectrum—happy tweens, teens and parents will all want their Mii in a starring role.

Dance Central Xbox 360

A new motion-sensing system called Kinect ($150) for the Xbox 360 tracks movements with the beat. A giant step up from conventional dance-pad–based games.

Eyepet PS3

Raise, train and exercise an impossibly adorable virtual pet, using cutting-edge reality technology. You can even tickle it or play chase—all with no risk of a pre-dawn wakeup for a walk.

Little Big Planet 2 PS3

The first Little Big Planet was fantastic and revolutionary, with a creation tool that let kids design their own game worlds. This latest take raises the bar even higher—making it an absolute must for PS3 owners.

▲ **Guilty Party** Wii

Players choose whether to collaborate or compete in an experience that feels like a digital cross between two old-school mystery faves —the board game Clue and an Agatha Christie novel.

Pixeljunk Shooter 2 PS3

Part puzzle game, part twitch-based shooter, this download taps reflexes and wits in equal measure to rescue trapped miners.

Start the Party PS3

Goofy fun using Sony's new Move controller ($100)—more than 20 surprisingly addictive mini-games are included.

67 PERCENT OF AMERICAN HOUSEHOLDS PLAY COMPUTER OR VIDEO GAMES

UDraw: Pictionary Wii

This game comes with a new drawing tablet peripheral for the Wii that instantly updates the classic game for 2010.

Donkey Kong Country Returns Wii

Nintendo's habit of revisiting its old (uniformly excellent) stomping grounds pays off big as Donkey and Diddy Kong romp in a side-scrolling 2-D jumping extravaganza.

Kirby's Epic Yarn Wii

Another revived classic Nintendo franchise, this one takes the sweet, innocent blob on a whole new adventure with a yarn-based visual aesthetic that's alternately cuddly and mind-bending.

Some in this age the magazine business. They even failing . A genre no might be surprised to that issues than those 35 and readership is growing. In fact, spend their on magazine

question the of

suspect it's in tough ,

longer in . Well you

readers 18-34 actually read

older and that our overall

nearly 300 million now

subscriptions.

The NEW IDENTITY THIEVES

When someone steals your private info to get drugs, treatment or surgery, it can take years to recover. Learn how to protect yourself before the damage is done.

BY WALECIA KONRAD

ILLUSTRATIONS BY HARRY CAMPBELL

Imagine this: You and your husband both have stellar credit ratings, but when you try to refinance your mortgage, your application is promptly denied. Days later you get a statement from your health insurance company with a laundry list of expenses for an operation you never had. Then a bill collector starts calling at all hours, saying you owe hundreds of dollars in lab fees to a hospital halfway across the country. This isn't just a hypothetical, worst-case scenario. It's medical identity theft—one of the fastest-growing crimes in America. Con artists somehow get hold of your health insurance information and then go to a pharmacy, clinic or hospital to get treatment or drugs under your name. You're not only stuck with sky-high bills; you've also become entangled in a web of false information that can plague you financially and medically for years. There were more than 300,000 such cases of fraud in 2009, according

» NEVER GIVE OUT YOUR INSURANCE CARD NUMBER OR OTHER PERSONAL INFORMATION.

to the Federal Trade Commission (FTC). "With increased use of electronic data systems—not to mention tech-savvy thieves—that number will likely continue to grow," says Pam Dixon, executive director of the World Privacy Forum, a public interest research group. Learn what you need to know to protect your pocketbook—and your health.

WHO'S CONNING WHO

Medical ID theft can be as simple as someone copying your health insurance or Social Security number or other personal information, assuming your identity at a doctor's office, then billing services and treatment to your policy. In other cases the crooks are medical personnel. Doctors can download your info from health-care provider databases and charge you for services they never performed. Pharmacists, nurses or receptionists might use your identity to get prescription drugs for themselves or to sell to others. Medical ID theft can also involve organized crime rings, which buy stolen information on the black market and then set up fake clinics that make bogus claims so they can pocket the money from your insurance company.

THE PRICE YOU PAY

Even though medical-related fraud accounts for roughly 60% of all identity theft in this country, there is very little protection in place for its victims. As a result, the damage can be devastating. If someone racks up hospital bills in your name, you are responsible for paying until you can prove you didn't receive the services, a process that can take years. What's more, thefts often go undetected for a long time; according to one recent survey, half of victims didn't learn about it until one or more years after the incident. In the meantime, unpaid balances are piling up and ruining your credit rating. False claims can also result in insurance companies raising your premiums.

CIRCLE IT Take note of these exciting promotions and products

Jelly Belly + Cold Stone = Scooper Duper

Meet the Cold Stone Creamery® Signature Creations™ ice cream flavors. America's original gourmet jelly bean has done it again with five true-to-life flavors right off the menu of America's favorite ice cream parlor.

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Discover how to help let go of some of the annoying symptoms menopause brings with New One A Day Menopause Formula.

It's the only† complete women's multivitamin with soy isoflavones to help address hot flashes and mild mood changes.*

Go to **LiveMenopause.com** to share your menopause experience.

ONE A DAY®

†Among leading brands.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

BAYER

FamilyCircle's FAMILY NIGHT IN

ENTER TO WIN!

As the ultimate experts on creating family memories, submit your best "Family Night In" tip for a chance to win one of the following prize packages:

- **5 Grand Prize Winners will receive:** a Gaming System, Digital Camera, Home Karaoke System, Netflix Gift Card, LEGO® Creationary game, plus gift baskets courtesy of Snyder's of Hanover, Lindsay Olives and Newman's Own®
- **5 Runner-Up Winners will receive:** a Netflix Gift Card, LEGO® Creationary game, plus gift baskets courtesy of Snyder's of Hanover and Newman's Own

Enter online at: **FamilyCircle.com/FamilyNightIn** today!

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Official Rules: no purchase necessary to enter or win. The "Family Night In" Contest is subject to Official Rules and entry at www.familycircle.com/familynightin. Contest begins September 14, 2010 and ends November 9, 2010. Entries must be received by 11:59 p.m. E.T., on November 9, 2010. Open to legal residents of the 50 United States, and the District of Columbia, 21 years or older. One entry per person. Void where prohibited. Sponsor: Meredith Corporation.

Visit **familycirclepromo.com** for tips and recipes to make your next "Family Night In" unforgettable!

They can quickly max out your benefits as well, leaving you with no coverage in the event of a genuine emergency. And once the thief's medical history gets mixed up with yours—meaning his diagnoses and illnesses are under your name—you might be denied coverage down the line for a preexisting condition you don't actually have. Inaccurate records also pose a grave danger to your health. If your files contain misleading info on blood type, allergies or medicines being taken, doctors might inadvertently administer treatment that could kill you.

+BEST DEFENSE

As with any crime, there's no way to ensure against being ripped off, but you can take smart steps to lower the odds.

Guard your insurance card. Most likely you keep it in your wallet in case of emergency, and that's good. But be as careful with your health insurance card as you are with your passport. If it's lost or stolen, contact the company right away.

Examine your EOBS. Scrutinize every Explanation of Benefits Statement that comes in the mail. If you don't recognize a doctor, date or treatment, report the error to your insurer. Since thieves often divert individual statements to another address—so you'll never know a false claim has been filed—request an itemized list of EOBSs annually.

Check your credit report. Try to do this more than just once a year. Unpaid medical bills that have gone to collection agencies are included in these reports, which is the most common way people learn they've been a victim of ID theft.

Say no to freebies. Thieves sometimes set up free screenings or other services in order to steal medical data. If you do take, say, a vision exam or blood pressure test at a pharmacy or health fair, never give out your insurance card number or other personal information.

+SUSPECT A CRIME?

You've got to act fast. Immediately request a copy of your records from your health care provider—even if you have to pay for it—so you can look for telltale details and discrepancies. Just be sure not to mention the f-word to your provider at this stage; once it's on the record that your medical information may be intermingled with someone else's, privacy laws dictate that all of it be kept confidential, making it difficult to access your own records.

Once you confirm fraud, tell the authorities. You need to file a report at your local precinct before law enforcement officials can open an investigation. You should also notify the FTC, either at ftc.gov (click on "Consumer Protection," then "File a Complaint") or by calling 877-IDTHEFT. Then call your health insurer's antifraud hotline. Most companies have units that will work with both you and your medical providers to clear up your records. You'll still need to do all the paperwork, but they can at least point you in the right direction. For more help, check out the World Privacy Forum's medical identity theft page at worldprivacyforum.org. ●

Temp Job

Fostering a pet in need can change an animal's life—and your family's—for the better.

By Rita Colorito

If you're trying to decide whether to adopt a pet and looking for a fun way to volunteer with your family, foster pet parenting may be for you. Foster parents provide a temporary home for animals in a range of circumstances, including those rescued from high-kill shelters, and those whose owners are ill or have been deployed. "These pets need a place to stay, but we don't want to put them in a kennel," says Sandra D. Simpson of SecondChanceDogRescue.org in San Diego. "Every single one of our dogs goes to a private home."

Many animals arrive at a shelter before they are ready for adoption and can't stay there because they are recovering from an injury or illness, require behavioral therapy, or are too young and need to be house-trained, socialized, and spayed or neutered. Once the pet is healed or reaches an adoptable age, he is sent to an adoption program.

While fostering is a great way to help an animal in need without making a permanent commitment, you are doing much more than providing a temporary home. Foster families increase an animal's chance of being adopted by providing feedback on his temperament, activity level, and likes and dislikes.

FOSTER FUNDAMENTALS

→ Fostering is the perfect first step if you're considering adopting. And many agencies allow families to adopt their foster pets (check beforehand).

→ Dogs and cats aren't the only pets that need fostering—you can also host rabbits, birds, reptiles and even horses.

→ The majority of programs involve short-term stints, typically ranging from a few days to four months.

→ Shelters and rescue groups usually give families all the supplies they'll need, like food, toys, equipment, medicine and veterinary care. But, as a donation, you can offer to pay for necessities yourself.

→ Most foster programs provide an orientation and training classes that teach basic medical care.

→ It's not all a walk in the park. Ask the shelter about the commitment involved, since newborn kittens require bottle-feeding every two hours and an injured pet may need several months of care. Organizations will do their best to match you with a short-term companion that suits your family's lifestyle.

→ After you've filled out your application, shelters will conduct a background check, including calling references and doing a home visit.

→ **For more info, look into these organizations:**

ASPCA, aspca.org

Pets911.com

Petfinder.com

American Kennel Club, akc.org

Humane Society's Safe Haven for Animals Program, hsus.org

Military Pets Project, netpets.org

FOND FAREWELL

Fostering is a great experience, but saying bye can be hard. Before you sign up, make sure your kids are old enough for the emotional responsibility and understand the pet is temporary. "Most children aren't going to be happy to see that animal leave," says Gail Buchwald, senior vice president of adoptions at the ASPCA. Help kids cope by giving regular reminders that the pet will eventually be adopted by someone else.

FC FACT: EVERY YEAR 5 TO 7 MILLION PETS END UP IN SHELTERS.

ILLUSTRATION BY GILBERT FORD

"When we realized our biggest boy was eating food that had chicken by-product meal, **we switched him to BLUE.**"

Is your big name dog food fooling you? You probably didn't know that many leading dog food brands contain things like chicken by-product meal and corn gluten. Natural and healthy BLUE, on the other hand, is made with the finest ingredients and contains our exclusive LifeSource® Bits, a precise blend of antioxidants, vitamins and minerals. And your dog can enjoy all of this **wholesome goodness for only pennies a day more.**

Love them like family. Feed them like family.

Healthy Holistic

THE BLUE BUFFALO CO.

BLUE

Life Protection Formula with LifeSource Bits

NATURAL CHICKEN AND BROWN RICE RECIPE

LARGE BREED ADULT

How Does Your Brand Compare to BLUE?	BLUE	Your Dog's Food
Deboned Chicken, Fish or Lamb is the FIRST Ingredient	✓	?
Wholesome Whole Grains	✓	?
Garden Veggies & Fruit	✓	?
All Natural*	✓	?
LifeSource® Bits	✓	?
NO Corn, Wheat or Soy	✓	?
NO Chicken or Poultry By-Product Meals	✓	?

*Fortified with vitamins and minerals.

Compare your dog's food to BLUE™ at

CompareBlueDog.com

Love them like family.
Feed them like family.™

STYLE

→ LATEST BEAUTY ADVICE → FASHION TRENDS → BEST PRODUCTS

Hair: George Ortiz for L'Oréal Professionnel. Makeup: Emily Kate Warren. Shot on location at Almond Smugglers Cove, St. Lucia.

True Blue

Navy eyeshadow is sophisticated for night but just as wearable for daytime. To get this look, apply in a sideways "V" on upper lid starting at the center, extending slightly past outer corner, says NYC makeup artist Emily Warren. Contour with a medium brown shade in the crease. Mixing a deep blue with a neutral tone creates balance and gives it a more modern—less Malibu Barbie—feel. Line eye with a kohl pencil and finish with a few coats of mascara on upper lashes only. All makeup by Mary Kay.

PHOTOGRAPHY BY **KAREN PEARSON**

STYLE NEWS

→ BY AMANDA FLORES

The Saddle
a.n.a by JCPenney, $40

The Day Clutch
Christian Siriano for Payless, $40

PURSE-ONALITY TYPE

If the hat makes the man, then the bag makes the woman. Get a handle on the hottest bags here, no matter your style.

The Ladylike
Talbots, $179

The Hobo
Olivia + Joy, $98

The Drawstring
LeSportsac, $68

BRA-VO

The Comfort Flex Fit Bandini Bra from Hanes is a new must-buy among the *Family Circle* staff. Sure, the colors are fun—especially the hot pink shown—but the best part is its supreme adaptability. This baby works under just about any top; wear straight across as a bandeau or adjust the straps for a one-shouldered or racerback. Sold, and at a bargain-basement price, too. **Hanes, $24 for 2**

>>>>EDITOR'S PICK<<<<

IT'S A WRAP The classic ballerina bun is my go-to style—chic and simple. When I heard the Goody Spin Pin, $6.50, offers the same holding power as 20 (yes, 20) bobby pins, I had to see how it measured up. The corkscrew-like device is a cinch to twist in (no elastic needed) and keeps my hair in place all day. I go for a higher bun at work and a low chignon for an evening out.

BEAUTY SCHOOL

BOBBI BROWN, known for her eponymous makeup line, has a helpful new book of makeup tips for girls, *Beauty Rules*. Here, she shares her advice for taking teens and tweens to the cosmetic counter.

Keep it simple. The basics—lipgloss, mascara and a touch-up concealer stick to cover breakouts—are great starters. Remember, developing a good skincare regimen should come first.

Do your homework. When possible, test foundation or concealer before buying. A too-light or -dark shade will make pimples appear larger.

Look good, feel better. Encourage your teen to play up one feature she loves about herself—mascara for eyes or gloss to accentuate her smile. She'll exude confidence, the real key to feeling beautiful.

BOBBI BROWN
BEAUTY RULES
FABULOUS LOOKS, BEAUTY ESSENTIALS, AND LIFE LESSONS FOR LOVING YOUR TEENS AND TWENTIES
FOREWORD BY HILARY DUFF

Photos: (stills) Michael Kraus; (Flores) Michael Waring.

Think your toothpaste is working? Let's take a look.

ORDINARY TOOTHPASTE

AFTER 12 HRS.

MOUTH SCAN: PLAQUE BACTERIA DENSITY

LOW HIGH

Colgate Total

AFTER 12 HRS.

MOUTH SCAN: PLAQUE BACTERIA DENSITY*

LOW HIGH

Colgate Total® fights germs for 12 hours.

Colgate Total

Anticavity Fluoride and Antigingivitis Toothpaste

Helps Prevent: Cavities • Gingivitis • Plaque Fights Tartar • Freshens Breath • Whitens

*Dramatization illustrating reduction of plaque bacteria 12 hours after brushing with Colgate Total® vs. ordinary fluoride toothpaste. ©2010 Colgate-Palmolive Co.

10 UNDER $10

FamilyCircle.com See more beauty picks at familycircle.com/10under10

ILANA BLITZER
beauty editor

This **Anne Taintor Matchbook** of 12 mini emery boards means you can always have a nail file handy—stash it in your purse and use as you go. Annetaintor.com, $5.50

Love the clothes, now love the beauty line. **Express Lip Gloss** in Watermelon Mist unexpectedly complements my fair skin. Express.com, $7

I try not to go overboard on hair products, but I can't resist **Ion Anti-Frizz Solutions Leave-In Conditioner**—it's non-greasy, smells delicious and keeps ends smooth. Sallybeauty.com, $6.50

DORI KATZ
associate editor

With tons of vitamins—A, B and E, to name a few—**Noah's Naturals Natural Age Repair Night Cream** delivers a one-two punch as it hydrates and fights free radicals. Walmart, $9

Wet 'n' Wild Color Icon Eyeshadow Trio makes application foolproof—the words Browbone, Crease and Eyelid are stenciled on their shade. $3

Aubrey Organics Crème de la Shave in Raspberry Honey has a fruity, long-lasting scent that sweetens me up for the day ahead. Aubrey-organics.com, $5.50

AMANDA FLORES
beauty & fashion assistant

Mehron Celebre Pro-HD Makeup Foundation gives me a picture-perfect complexion so I'm always ready for my close-up. Mehron.com, $9.95

Oh how I love to multitask—**Clean Anti-Bacterial Moisturizing Hand Cream** keeps my hands soft and germ-free for hours. Sephora, $9.99

My new go-to polish this fall: **Essie Nail Polish in Sew Psyched.** The neutral military green color flatters all skin tones. Essie.com, $8

→ *our obsession* Three flattering shades, one adorable set: Nyx Cosmetics Sweet Pie Lip Gloss goes on smooth as icing and keeps our lips looking pretty all day. >>> **$8/set of 3, nyxcosmetics.com**

All products are available at drugstores unless otherwise noted.

Photos: (stills) Bryan McCay; (Blitzer) Karen Pearson; (Katz, Flores) Michael Waring.

protein power

the science Sirtuins (protein enzymes) may extend the life of skin cells. When scientists increased the amount of sirtuins in worms, their lifespan grew significantly. Boosting these levels in skin cells can work similarly. "The suspected mechanism is essentially turning off the clock," says Ranella Hirsch, M.D., a dermatologist in Boston. "Instead of going into decline, the skin would remain in its prime."

the goal Keep skin looking fresh. By enhancing the way your cells function and prolonging their longevity, your skin can function more optimally, especially in fighting key factors that lead to those well-known signs of aging (lines, wrinkles and uneven tone, to name a few).

turn back time

The future has arrived—and it's looking smoother, firmer and younger by the nanosecond. Bold breakthrough technologies are pushing the boundaries for amazing, ageless skin.

by ilana blitzer • photography by ann elliott cutting

it's electric

the science Cells communicate with one another through electric currents, says Leslie Baumann, M.D., a dermatologist in Miami Beach. Enter a new category of anti-agers known as bioelectric lotions, which stimulate impulses that trigger cells in deeper layers of skin to produce collagen and elastin.

the goal Improve skin firmness. "There are many ingredients that can boost collagen production, but none until now that has successfully created more elastin, which keeps skin from sagging," says Dr. Baumann. "These products actually lead cells to make more elastic tissue."

supernaturals

the science Ingredients derived from fruits and plants are going high tech. Companies are pairing earth-derived ingredients—like a new natural form of retinol or apple stem-cells—with other antioxidants, peptides and extracts to create molecules that are more readily absorbed into the skin.

the goal Lessen fine lines, without irritating side effects. Using these kinder, gentler ingredients in new and improved ways makes these recently developed products much more effective, says Diane Madfes, M.D., a dermatologist in NYC.

laser focus

the science Certain wavelengths of light are beneficial in skin care. For example, to treat brown spots, you zap skin with green light; for firming, you use red, says Audrey Kunin, M.D., a dermatologist in Kansas City, Missouri. A laser treatment at the derm's office works by sending a colored beam deep into the skin to target troubled areas. Now some companies are creating lotions that mimic the effects of a laser treatment.

the goal Eliminate wrinkles—without a hefty price tag. While the in-office devices provide the best treatment for stimulating collagen and smoothing skin, at-home advances are providing budget-friendly ways to get similar results from a bottle.

Hair and makeup: Hyun Park.

supernaturals

Lumene Excellent Future Deep Repairing Serum, $30, contains apple stem cell extracts and other natural ingredients to dramatically diminish lines.

Garnier Ultra-Lift Anti-Wrinkle Firming Moisturizer, $15, uses a form of retinol that promises to be completely gentle on all skin types—no dryness, no irritation.

protein power

Avon Anew Ultimate Contouring Eye System, $32, restores youthfulness to undereyes—one of the first areas to show signs of aging.

Strengthen your skin's defenses against environmental aggressors like sun exposure and pollution with **Estée Lauder Time Zone Night Anti-Line/Wrinkle Creme, $63.**

it's electric

Plump up forehead wrinkles and frown lines around your mouth with **Aveeno Ageless Vitality Elasticity Recharging System, $39.**

Neutrogena Clinical Facial Lifting Wrinkle Treatment System, $46, is a two-step regimen: Apply the gel-serum, then add the activating cream. The combo provides an all-around tightening effect.

laser focus

Clinique Repairwear Laser Focus Wrinkle & UV Damage Corrector, $45, gets rid of lines and wrinkles, with results that rival a derm's laser.

Dermadoctor Phytodynamic Therapy Sunlight-Activated Laser Lotion with SPF 30, $85, turns aging rays into antiaging rays, with an added dose of sunscreen.

The latest OTC skin-ovations can be pricey, but they're effective—and cost less than a doctor's visit.

HEALTH

→ SMART WAYS TO LIVE WELL → STRATEGIES FOR EATING RIGHT → EASY FITNESS PLANS

Go Green

If you don't typically have a salad for lunch or with dinner, it's time to turn over a new leaf. Eating just one serving of dark green, leafy veggies a day lowers your odds of developing type 2 diabetes by 14%, says a new British study. Foods like romaine lettuce and spinach may reduce your risk because they contain high amounts of antioxidants, like polyphenols and vitamin C. Not a salad lover? Sneak romaine lettuce onto a sandwich or add diced spinach to pasta or an omelet.

Photo: Kristiane Vey/Jump Foto.

→ BY JANE BIANCHI

Q

» Our family is complete, and I'd like to stop using birth control. My husband doesn't want a vasectomy—is having my tubes tied the only other option?

» No. The FDA has approved two newer, nonsurgical procedures. With Essure or Adiana, a gynecologist puts a tiny insert (either a coil or a piece of silicone) into your fallopian tubes that blocks sperm from reaching eggs for the rest of your life. "Unlike tubal ligation, either can be done in-office and without anesthesia, so the price (for those with insurance) is usually in the hundreds or less, not the thousands," says Cindy Basinski, M.D., a gynecologist in Newburgh, Indiana. "You can be in and out of your doctor's office in less than 10 minutes, compared with the hours you'd spend in the hospital. Patients often return to work the same day." Downside: You may cramp or spot for a few days.

GET STARTED
To find a particular class near you, visit **yogafinder.com.**

Yoga 101

Sure, yoga is a stress-buster, but with so many different kinds, which one is right for you? Jessica Matthews, a yoga teacher in San Diego, helps you decide.

Yoga Style	Best If	Because
Hatha	You're a beginner.	These slow, gentle classes teach you the basic poses of yoga. Instructors provide many modifications, positions are held for one breath and you can take breaks.
Vinyasa	You've dabbled in yoga and are ready for level two.	You shift positions in one fluid motion, at a fairly fast pace. Expect fewer breaks and modifications than with Hatha.
Bikram (Hot Yoga)	You already practice yoga, but you still have tight muscles.	The temperature is cranked up (usually over 100 degrees), so muscles warm up fast, allowing deep stretching and flexibility. Postures are held for up to 1 minute.
Ashtanga (Power Yoga)	You've been practicing yoga for a year, and you do cardio and strength training weekly.	This variety is the most physically demanding, requiring you to jump from pose to pose quickly to raise your heart rate and build muscle.

FEEL FRESH

Close to one in three women will develop bacterial vaginosis (BV)—the most common vaginal infection in women of childbearing age—in their lifetime. And if you've had one BV infection, there's more than a 50% chance that you'll get another in the next year. But preventing the condition is easier than ever.

BV RED FLAGS
If you notice symptoms—a fishy odor and a white or gray discharge—call your gynecologist. Though the infection sometimes clears up on its own, ask your doctor if you need an antibiotic.

Try new tampons Your period makes your vaginal pH rise, increasing your risk for BV. **RepHresh Brilliant Tampons** (18 regular or super/$7) are the first tampons to help maintain a healthy pH.

Don't douche Flushing out the vaginal canal with water—or a mixture of water and baking soda, iodine or vinegar—can cause a pH imbalance. Simply wash the outside with mild soap and water.

Choose clothes wisely Wear cotton underwear (it absorbs moisture, which breeds bacteria) and loose pants, to increase ventilation.

Take a supplement BV forms when there's too much bad bacteria and not enough good bacteria in the vagina. Up the good quotient by taking a daily probiotic that contains "feminine" probiotic strains (L. rhamnosus GR-1 and L. reuteri RC-14), like **RepHresh Pro-B capsules** ($31 for a month's supply).

Photo (woman): Helen King/Corbis.

→ BY JANE BIANCHI

A WEIGHTY ISSUE

In addition to being at increased risk for heart disease, cancer and diabetes, obese teens have a 30% to 40% greater chance of developing GERD (gastroesophageal reflux disease), also known as chronic heartburn. To help prevent or alleviate GERD, have your child follow these simple strategies.

1. Drop a few pounds. Losing even a little weight can help lower your tween's or teen's chance of getting GERD.

2. Avoid known triggers. Caffeine (in coffee, soda, chocolate), mints, spices, fatty foods (beef, cheese) and acidic produce (citrus, tomatoes) can bring on or worsen symptoms.

3. Eat five small meals a day. Large serving sizes cause your kid's stomach to produce more acid, so controlled portions of healthy foods are ideal.

17% OF PEDIATRICIANS AREN'T BOARD-CERTIFIED >>

"Every few years doctors must be reevaluated to maintain their certification," says Lori Boukas, director of marketing and communications for the American Board of Medical Specialties. Physicians who fail to do so are most likely not up to date on the latest medical research and technology. Before you schedule your kid's next checkup, do your own check of her doctor's certification status at abms.org.

GROUP Therapy

"Going clubbing" may actually be a good idea for tweens and teens. Kids who hang out in youth groups are less likely to drink alcohol, smoke cigarettes or pot, get poor grades and join a gang. Organizations that offer artistic, athletic or service activities give adolescents more confidence, making them less vulnerable to negative influences. To find options for your child, check out the Boys & Girls Clubs of America (bgca.org) or the Red Cross volunteer groups (redcrossyouth.org).

Q+A

MY 11-YEAR-OLD DAUGHTER HAS PANIC ATTACKS. I CAN CALM HER DOWN, BUT WHAT SHOULD SHE DO IF I'M NOT AROUND?

Ask her to give you a call when she feels an attack coming on and you're not there—like while she is sleeping at a friend's house. A new study found that girls ages 7 to 12 who listened to their mother's voices while in high-pressure situations had low levels of cortisol (a stress hormone) and high amounts of oxytocin (a hormone that makes you feel loved). In fact, their hormone levels were virtually the same as girls who were shown physical affection by their moms.

Photo: Norbert Schäfer/Masterfile. Illustration: Kali Ciesemier.

DIET SUCCESS

→ BY ALLISON BAKER

HOW I LOST IT

NAME **Margaret Smith**
HOME San Antonio, TX AGE 44
HEIGHT 5'9" PREVIOUS WEIGHT 300 CURRENT WEIGHT 184

POUNDS LOST 116

Before →

After →

» **I eat often.** To make sure I never get too hungry and overindulge, I have a small meal every two hours. My favorite snacks are protein bars and grapes.

» **I dance it off.** I heard about a Zumba (a Latin-inspired aerobic routine) class being offered at my local gym. I joined and now take six classes a week—I'm losing weight, toning and having a great time.

» **I check menus in advance.** My family eats out at restaurants once a month. The night before we go, I check the menu online so I can plan a smart, low-calorie choice like salad or salmon.

» Want to share your weight-loss story? E-mail dietsuccess@familycircle.com. Please include photos. Check out more successes at familycircle.com/howilostit

BIG FAT LIES

If a diet seems too good to be true, it usually is. "There is no magic bullet for weight loss, and any plan that says otherwise is probably misinforming you," says Sari Greaves, R.D., a spokesperson for the American Dietetic Association who specializes in weight management. Be wary of diets that:

Promise excessive weight loss The average woman can safely drop ½ to 1 pound a week. When women lose much more than that, it's usually water weight, which won't stay off for long.

Claim you don't need exercise While it may be tempting to skip your usual workout, you need regular physical activity to tone up, build lean muscle and prevent gaining back weight.

Cut out entire food categories If you completely ban carbs, protein or fat you'll miss out on essential nutrients your body needs, which can affect concentration and energy levels.

Recommend less than 1,200 calories a day Not eating enough can actually cause you to gain weight. When your body feels deprived it stores fat and slows down your metabolism.

[SMART SWAP]

Applebee's

PUT DOWN
Chicken Fajitas
1,150 calories, 50 g fat

EAT UP
Grilled Shrimp and Island Rice
380 calories, 5 g fat

YOU SAVE
770 calories, 45 g fat!

[FC WEIGHS IN]

SPREAD THE WORD

The dairy aisle is packed with butter alternatives that advertise the same great taste as the original with less saturated fat and cholesterol and fewer calories. We think some live up to the hype, while others are just laying it on thick.

BRAND	Benecol	Fleischmann's Unsalted	Smart Balance Extra Virgin Olive Oil Light	Earth Balance Soy Free
GRADE	A+	B+	A-	B+
STATS (per 1 tbsp)	70 calories, 8 g fat, 1 g saturated fat	60 calories, 7 g fat, 1 g saturated fat	50 calories, 5 g fat, 1.5 g saturated fat	100 calories, 11 g fat, 3.5 g saturated fat
OUR TAKE	"Great spreading consistency with a delicious butter flavor." *—Regina Ragone, food director*	"It's surprisingly tasty. I didn't miss the salt at all." *—Margit Ragland, health director*	"I was impressed by the rich flavor, though it had a slight nutty aftertaste." *—Allison Baker, editorial assistant*	"I like the smooth, creamy texture, but it's high in fat." *—Celia Shatzman, associate editor*
EXTRA PERKS	Contains plant sterols, which help lower cholesterol.	Great alternative if you need to cut down on sodium.	Provides 50% of your daily recommended Vitamin D.	As well as containing no soy, it's also dairy- and gluten-free.

NEW!

Phillips'

colon HEALTH

PROBIOTIC+FIBER

Helps Defend Against Occasional:
• CONSTIPATION
• DIARRHEA
• GAS AND BLOATING

+ A GOOD SOURCE OF PREBIOTIC FIBER

BAYER

We boosted our probiotics with this

to give you a little extra help with these.

New Phillips' Colon Health Probiotic + Fiber has a special prebiotic fiber that not only helps support regularity, but also helps our probiotics work even harder. And Phillips' Colon Health contains a proprietary blend of 3 probiotics to help relieve occasional digestive symptoms naturally and support overall digestive health*

Be good to your colon and it will be good to you.

www.phillipsrelief.com

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

BAYER

HATE psoriasis.
LOVE clearer skin.

Brittany S.
HUMIRA Patient

HUMIRA could help your moderate to severe chronic plaque psoriasis.

Who is HUMIRA for?

HUMIRA is used to treat moderate to severe chronic (lasting a long time) plaque psoriasis in adults who are under the ongoing care of a physician, have the condition in many areas of their body, and who may benefit from taking injections or pills (systemic therapy) or phototherapy (treatment using ultraviolet light alone or with pills). When considering HUMIRA, your physician will determine if other systemic therapies are medically less appropriate.

Clearer skin is possible with HUMIRA.

In one clinical trial for moderate to severe chronic plaque psoriasis patients, 7 out of 10 adults taking HUMIRA saw 75% skin clearance and 6 out of 10 patients had clear or almost clear skin at 16 weeks. Your results may vary.

With the HUMIRA PROTECTION PLAN your co-pay could be
$5 a month.*

HUMIRA PROTECTION PLAN
Helping Patients Access HUMIRA
HUMIRA
adalimumab
1.888.486.4723
OPUS HEALTH

*Eligibility and other restrictions apply to co-pay program.

Ask your dermatologist if HUMIRA is right for you.
Learn more at HUMIRA.com or call 1.800.4HUMIRA

HUMIRA is taken by injection and available by prescription only.

You are encouraged to report negative side effects of prescription drugs to the FDA.
Visit www.fda.gov/medwatch, or call 1.800.FDA.1088.

If you cannot afford your medication, contact: www.pparx.org or call the toll-free phone number (1.888.4PPA.NOW) for assistance.

Important Safety Information[1]

What is the most important information I should know about HUMIRA?

- **Serious infections.** HUMIRA can lower your ability to fight infections. **Serious infections have happened in patients taking HUMIRA. These infections include tuberculosis (TB) and infections caused by viruses, fungi, or bacteria that have spread throughout the body. Some patients have died from these infections.** Your doctor should test you for TB before starting HUMIRA, and monitor you closely for signs and symptoms of TB during treatment with HUMIRA.
- **Certain types of Cancer.** There have been cases of unusual cancers in children and teenagers using TNF-blocker medicines. For children and adults taking TNF-blocker medicines, including HUMIRA, the chance of getting lymphoma or other cancers may increase. Some patients have developed non-melanoma skin cancer; tell your doctor if you have a bump or open sore that doesn't heal.

Tell your doctor about all of your health conditions, including if you:

✓ Think you have an infection. Don't start HUMIRA if you have any kind of infection.
✓ Are being treated for infection, or have signs of an infection, such as fever, cough, or flu-like symptoms
✓ Have any open cuts or sores
✓ Get a lot of infections or have infections that keep coming back
✓ Have diabetes
✓ Have TB or have been in close contact with someone with TB, or were born in, lived in, or traveled where there is more risk for getting TB
✓ Live or have lived in an area (such as the Ohio and Mississippi River valleys) where there is an increased risk for getting certain kinds of fungal infections, such as histoplasmosis.
✓ Have or have had hepatitis B
✓ Take other medicines, especially Kineret (anakinra). Some medicines that suppress the immune system may increase your risk of serious infections.
✓ Are scheduled for major surgery
✓ Have numbness or tingling or a nervous system disease, such as multiple sclerosis or Guillain-Barré syndrome.
✓ Have heart failure or other heart conditions
✓ Have recently received or are scheduled to receive a vaccine. Patients receiving HUMIRA should not receive live vaccines.
✓ Are allergic to rubber, latex, or any ingredients of HUMIRA
✓ Are pregnant, planning to become pregnant, or breastfeeding

Call your doctor right away if you have an infection or any sign of an infection while on HUMIRA.

HUMIRA can cause other serious side effects, including:

- **Allergic reactions.**
- **Hepatitis B virus reactivation in patients that carry the virus in their blood.**
- **Nervous system problems.**
- **Blood problems.**
- **New heart failure or worsening of heart failure you already have.**
- **Immune reactions including a lupus-like syndrome.**
- **New psoriasis or worsening of psoriasis you already have.**

Common side effects of HUMIRA include injection site reactions (redness, rash, swelling, itching, or bruising), upper respiratory infections, headaches, rash, and nausea.

These are not all of the possible side effects with HUMIRA. For more information, talk to your health care provider.

Reference: 1. HUMIRA injection [package insert]. North Chicago, IL; Abbott Laboratories.

Please see additional Patient Information on the following pages.

Talk to your dermatologist about HUMIRA® adalimumab

An example of 75% skin clearance.

For illustrative purposes only.
Your results may vary.

In one clinical trial for moderate to severe chronic plaque psoriasis patients, 7 out of 10 adults taking HUMIRA saw 75% skin clearance and 6 out of 10 patients had clear or almost clear skin at 16 weeks.

HUMIRA® (HU-MARE-AH) (adalimumab)

CONSUMER BRIEF SUMMARY
CONSULT PACKAGE INSERT FOR FULL PRESCRIBING INFORMATION

Patient Information

Read the Medication Guide that comes with HUMIRA before you start taking it and each time you get a refill. There may be new information. This brief summary does not take the place of talking with your doctor about your medical condition or treatment with HUMIRA.

What is the most important information I should know about HUMIRA?

HUMIRA is a medicine that affects your immune system. HUMIRA can lower the ability of the immune system to fight infections. **Serious infections have happened in patients taking HUMIRA. These infections include tuberculosis (TB) and infections caused by viruses, fungi or bacteria that have spread throughout the body. Some patients have died from these infections.**

- Your doctor should test you for TB before starting HUMIRA.
- Your doctor should monitor you closely for signs and symptoms of TB during treatment with HUMIRA.

Before starting HUMIRA, tell your doctor if you:

- think you have an infection. You should not start taking HUMIRA if you have any kind of infection.
- are being treated for an infection
- have signs of an infection, such as a fever, cough, or flu-like symptoms
- have any open cuts or sores on your body
- get a lot of infections or have infections that keep coming back
- have diabetes
- have TB, or have been in close contact with someone with TB
- were born in, lived in, or traveled to countries where there is more risk for getting TB. Ask your doctor if you are not sure.
- live or have lived in certain parts of the country (such as the Ohio and Mississippi River valleys) where there is an increased risk for getting certain kinds of fungal infections (histoplasmosis, coccidioidomycosis, or blastomycosis). If you do not know if you have lived in an area where histoplasmosis, coccidioidomycosis, or blastomycosis is common, ask your doctor.
- have or have had hepatitis B
- use the medicine Kineret (anakinra). You may have a higher chance for serious infections and a low white blood cell count when taking HUMIRA with Kineret.
- are scheduled to have major surgery

After starting HUMIRA, call your doctor right away if you have an infection, or any sign of an infection, including:

- a fever
- feel very tired
- a cough
- flu-like symptoms
- warm, red, or painful skin
- open cuts or sores on your body

HUMIRA can make you more likely to get infections or make any infection that you may have worse.

Certain types of Cancer.

- There have been cases of unusual cancers in children and teenage patients using TNF-blocking agents.
- For children and adults taking TNF-blocker medicines, including HUMIRA, the chances of getting lymphoma or other cancers may increase.
- Some patients receiving HUMIRA have developed types of cancer called non-melanoma skin cancer (basal cell cancer and squamous cell cancer of the skin), which are generally not life-threatening if treated. Tell your doctor if you have a bump or open sore that doesn't heal.
- Patients with RA, especially more serious RA, may have a higher chance for getting a kind of cancer called lymphoma.

See the section "What are the possible side effects of HUMIRA?" below for more information.

What is HUMIRA?

HUMIRA is a medicine called a Tumor Necrosis Factor (TNF) blocker. HUMIRA is used in adults or children (as indicated) to:

- Reduce the signs and symptoms of:
  - **moderate to severe rheumatoid arthritis (RA)** in adults. HUMIRA can be used alone or with methotrexate or with certain other medicines. HUMIRA may prevent further damage to your bones and joints and may help your ability to perform daily activities.
  - **moderate to severe polyarticular juvenile idiopathic arthritis (JIA)** in children 4 years of age and older. HUMIRA can be used alone or with methotrexate or with certain other medicines.
  - **psoriatic arthritis (PsA)**. HUMIRA can be used alone or with certain other medicines. HUMIRA may prevent further damage to your bones and joints and may help your ability to perform daily activities.
  - **ankylosing spondylitis (AS)**
  - **moderate to severe Crohn's disease (CD)** in adults who have not responded well to other treatments.
- **Treat moderate to severe chronic (lasting a long time) plaque psoriasis (Ps)** in adults who have the condition in many areas of their body and who may benefit from taking injections or pills (systemic therapy) or phototherapy (treatment using ultraviolet light alone or with pills).

People with these diseases have too much of a protein called tumor necrosis factor (TNF) in the affected areas of the body. HUMIRA can block the bad effects of TNF in those affected areas, but it can also lower the ability of the immune system to fight infections. See **"What is the most important information I should know about HUMIRA?"** and **"What are the possible side effects of HUMIRA?"**

What should I tell my doctor before taking HUMIRA?

Before starting HUMIRA, tell your doctor about all of your health conditions, including if you:

- have an infection. See "What is the most important information I should know about HUMIRA?"
- have any numbness or tingling or have a disease that affects your nervous system such as multiple sclerosis or Guillain-Barré syndrome.
- have heart failure or other heart conditions. If you have heart failure, it may get worse while you are taking HUMIRA.
- have recently received or are scheduled to receive a vaccine. Patients receiving HUMIRA should not receive live vaccines. Except for live vaccines, patients may still receive vaccines while on HUMIRA. It is recommended that children with juvenile idiopathic arthritis be brought up to date with all immunizations prior to starting HUMIRA.
- are allergic to rubber or latex. The needle cover on the prefilled syringe contains dry natural rubber. Tell your doctor if you have any allergies to rubber or latex.
- are allergic to HUMIRA or to any of its ingredients. See the end of the Medication Guide for a list of ingredients in HUMIRA.

Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding. HUMIRA should only be used during a pregnancy if needed. Women who are breastfeeding should talk to their doctor about whether or not to use HUMIRA.

Pregnancy Registry: Abbott Laboratories has a registry for pregnant women who take HUMIRA. The purpose of this registry is to check the health of the pregnant mother and her child. Talk to your doctor if you are pregnant and contact the registry at 1-877-311-8972.

Tell your doctor about all the medicines you take, including prescription and non-prescription medicines, vitamins and herbal supplements. Especially, tell your doctor if you take Kineret (anakinra). You may have a higher chance for serious infections and a low white blood cell count when taking HUMIRA with Kineret. Also, tell your doctor if you are taking other medicines that suppress the immune system.

Know the medicines you take. Keep a list of your medicines with you to show your doctor and pharmacist each time you get a new medicine.

How should I take HUMIRA?

See the section, **"How do I prepare and give an injection of HUMIRA?"** at the end of the Medication Guide that comes with HUMIRA for complete instructions for use.

- HUMIRA is given by an injection under the skin. Your doctor will tell you how often to take an injection of HUMIRA. This is based on your condition to be treated. **Do not inject HUMIRA more often than prescribed.**
- Make sure you have been shown how to inject HUMIRA before you do it yourself. You can call your doctor or 1-800-4HUMIRA (448-6472) if you have any questions about giving yourself an injection. Someone you know can also help you with your injection.
- If you take more HUMIRA than you were told to take, call your doctor.
- Do not miss any doses of HUMIRA. If you forget to take HUMIRA, inject a dose as soon as you remember. Then, take your next dose at your regular scheduled time. This will put you back on schedule. To help you remember when to take HUMIRA, you can mark your calendar ahead of time with the stickers provided in the back of the Medication Guide.

What are the possible side effects of HUMIRA?

HUMIRA can cause serious side effects, including:

See "What is the most important information I should know about HUMIRA?"

- **Serious infections.**

Your doctor will examine you for TB and perform a test to see if you have TB. If your doctor feels that you are at risk for TB, you may be treated with medicine for TB before you begin treatment with HUMIRA and during treatment with HUMIRA. Even if your TB test is negative your doctor should carefully monitor you for TB infections while you are taking HUMIRA. Patients who had a negative TB skin test before receiving HUMIRA have developed active TB. Tell your doctor if you have any of the following symptoms while taking or after taking HUMIRA:

- cough that does not go away
- low grade fever
- weight loss
- loss of body fat and muscle (wasting)

- **Allergic reactions.** Signs of a serious allergic reaction include a skin rash, a swollen face, or trouble breathing.
- **Hepatitis B virus reactivation in patients who carry the virus in their blood.** In some cases patients have died as a result of hepatitis B virus being reactivated. Your doctor should monitor you carefully during treatment with HUMIRA if you carry the hepatitis B virus in your blood. Tell your doctor if you have any of the following symptoms:
  - feel unwell
  - poor appetite
  - tiredness (fatigue)
  - fever, skin rash, or joint pain
- **Nervous system problems.** Signs and symptoms of a nervous system problem include: numbness or tingling, problems with your vision, weakness in your arms or legs, and dizziness.
- **Blood problems.** Your body may not make enough of the blood cells that help fight infections or help to stop bleeding. Symptoms include a fever that does not go away, bruising or bleeding very easily, or looking very pale.
- **New heart failure or worsening of heart failure you already have.** Symptoms include shortness of breath or swelling of your ankles or feet or sudden weight gain.
- **Immune reactions including a lupus-like syndrome.** Symptoms include chest discomfort or pain that does not go away, shortness of breath, joint pain, or a rash on your cheeks or arms that gets worse in the sun. Symptoms may go away when you stop HUMIRA.
- **Psoriasis.** Some people using HUMIRA had new psoriasis or worsening of psoriasis they already had. Tell your doctor if you develop red scaly patches or raised bumps that are filled with pus. Your doctor may decide to stop your treatment with HUMIRA.

Call your doctor or get medical care right away if you develop any of the above symptoms. Your treatment with HUMIRA may be stopped.

Common side effects with HUMIRA include:

- **Injection site reactions** such as redness, rash, swelling, itching, or bruising. These symptoms usually will go away within a few days. If you have pain, redness or swelling around the injection site that doesn't go away within a few days or gets worse, call your doctor right away.
- **Upper respiratory infections** (including sinus infections)
- **Headaches**
- **Rash**
- **Nausea**

These are not all the possible side effects with HUMIRA. Tell your doctor if you have any side effect that bothers you or that does not go away. Ask your doctor or pharmacist for more information.

General information about HUMIRA

Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide. Do not use HUMIRA for a condition for which it was not prescribed. Do not give HUMIRA to other people, even if they have the same condition. It may harm them.

This brief summary summarizes the most important information about HUMIRA. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about HUMIRA that was written for healthcare professionals.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

For more information go to www.HUMIRA.com or you can enroll in a patient support program by calling 1-800-4HUMIRA (448-6472).

Rev. July, 2010

Ref: 03-A329-R21

U.S. Govt. Lic. No. 0043

Abbott Laboratories
North Chicago, IL 60064, U.S.A.
64C-419212 **MASTER**

64Y-437308

Abbott

→ BY MARGIT FEURY RAGLAND

STRIDE RIGHT

It may seem like the best equipment to walk off the weight is a comfy pair of sneaks. Fact is, wearing a shoe that's made specifically for walking will make a big difference, according to Mark Fenton, instructor for the University of North Carolina's Pedestrian and Bicycle Information Center in Chapel Hill. "The stride you take when walking (a heel-to-toe rolling motion) is very different from the one you take when running," Fenton says. "The right sneakers can prevent injury, decrease shin pain and may even help you walk more briskly, burning more calories."

Wearing a shoe made for walking can help you shed more pounds.

THE GEL-FITWALK LYTE (Asics) is a lightweight fitness walker with extra cushioning and breathability, so your feet feel cooler. $70

STRIDE FITNESS ATHLETIC (Champion for Payless) is made with two curved pods to help the flow from heel to forefoot. $30

WHAT TO LOOK FOR IN A WALKING SHOE

- » A low heel that's rounded or beveled.
- » Flexibility where the ball of your foot rests (the sneaker shouldn't bend through the arch).
- » Twistability. Grab the front and back of the shoe and see if you can give it a moderate twist.

TRUE BALANCE (New Balance) mimics a balance board, increasing muscle tone and calorie burn. $90

EASYTONE (Reebok) has a rounded bottom, designed to make the glutes work harder, resulting in a firmer backside. $100

>>>>>>>>> **GET FREE GEAR!** Add a little spring to your step with workout pants that fit your needs, like Champion's new Fitness Bottoms, which come in fitted, semi-fitted and relaxed styles.

MOMster **Visit momster.com/fc/perfectfit and tell us what motivates you to walk; 10 readers will get to pick a free pair ($30-$40 value).**

Photo (top): Russell Sadur/Getty Images.

Asthma ALERT

Obesity isn't the only children's health problem that's on the rise: Asthma is now the most common chronic condition facing tweens and teens. Below, simple strategies that'll help your kid breathe easier.

BY VIRGINIA SOLE-SMITH

The statistics are startling: One in 10 school-age American children now suffer from asthma, a number that has doubled since the 1980s. It is also the third-leading cause of hospitalization for children under age 15, and results in 13 million missed school days per year. How come? Experts believe a variety of factors are to blame. "We're using more cleaning products and hand sanitizer than ever before, so one theory is that kids aren't encountering as many allergens at a young age, making them more sensitive to immune system–related conditions as they grow up," explains Adriana Matiz, M.D., a pediatrician and medical director of the WIN for Asthma Program at New York-Presbyterian/Morgan Stanley Children's Hospital in New York City. "Meanwhile, kids are surrounded by greater levels of air pollutants and other triggers. If they're genetically susceptible, this degree of exposure makes it more likely they'll have problems."

And helping a tween or teen deal with asthma brings on a whole new set of challenges. "We often feel overprotective of kids with health problems like asthma," says Noreen Clark, Ph.D., director of the Center for Managing Chronic Disease at the University of Michigan in Ann Arbor, who has studied more than 1,200 kids ages 10 to 13 with asthma. "But this is a group that wants and needs to build their independence. It's also the most important time for them to learn to manage their condition." Whether your kid is packing up for his first sleepover at a friend's house or just landed a spot on the varsity cross-country team, make sure he fully understands what specific factors may aggravate his asthma and the best ways to handle an attack.

Here are ways that asthma could be affecting your tween's or teen's health—and what you can do to help.

Photo: Heide Benser/Corbis.

Challenge **#1**

She's sitting on the sidelines.

As many as 90% of asthmatic kids will experience exercise-induced asthma as they get older, says Frank Virant, M.D., chief of the allergy division at Seattle Children's Hospital. "We often see exercise being a trigger by age 10. As kids get bigger and can do more physically, flare-ups tend to increase." This might mean your child struggles to get field time at soccer practice because she's easily winded. "Coaches may mistakenly think a kid with asthma can't do certain activities at a high level," says Dr. Virant. "Plus, some kids are hesitant to complain about symptoms because they don't want to seem 'wimpy.'"

Explain to your tween or teen that wheezing and coughing aren't signs of weakness or being out of shape—they're signals that her immune system is overreacting and needs to be calmed down. Have your doctor write a note to your child's gym teachers and coaches letting them know she can participate in sports and has medicine on hand.

Be proactive and ask gym teachers to plan activities indoors on very cold or very hot and humid days, which can also minimize problems. And say this: "My child is on an effective medical regimen and can participate in sports. But if you notice symptoms, please let me know. Her doctor can adjust her meds."

Challenge **#2**

He's waking up at night.

"Kids spend a third to half of their time in their bedrooms, which only increases as they get older," says Dr. Virant. "So it's the most important room in the house to asthma-proof." Soft furnishings are dust mite magnets, so trade out drapes and carpets for blinds and wood floors. Minimize piles of stuffed animals and pillows—and kill the dust mites that thrive on them by washing in hot water or putting them in the freezer for a few hours each week. Bedding should be laundered in hot water weekly, and use pillow protectors and mattress covers to reduce dust mite exposure.

If your kid is also allergic to animal dander, make sure her room is a pet-free zone. Whenever her symptoms are severe, confine your pet to the kitchen, basement and other easy-to-clean areas, so dander doesn't accumulate.

Challenge **#3**

She can't use the same beauty products as her friends.

Do your teen's asthma symptoms step up after a trip to Sephora or her morning hairspray routine? If so, she may suffer from fragrance sensitivity—the airborne particles released by chemicals in a wide variety of personal care products and cleaning supplies can cause muscles in the airways to tighten, making breathing difficult, says Dr. Matiz. This sensitivity is less well known than other causes, so it may catch teens and parents off guard—especially in girls who never suffered from asthma until puberty. "There's a relationship between asthma and estrogen levels, and in many girls asthma symptoms sometimes appear when they get their first period," says Clark. "There's also speculation that increased use of heavily fragranced beauty products may be another reason we see more new cases of asthma in teen girls than boys."

If scents trigger symptoms, help your daughter choose hypoallergenic products and avoid anything with "fragrance" or "parfum" listed as ingredients. And be sympathetic. The girls in Clark's study were more likely than boys to feel embarrassed by asthma.

The key is talking to your child so she's empowered to manage her asthma when you're not around. "Encourage her to identify exactly what causes problems," says Clark. Asthma may be something she has to deal with for the rest of her life, so now's the time to teach her that she's in control. ●

Obesity and Asthma

New research shows a direct link between childhood asthma and obesity: "Overweight or obese kids are more likely to experience asthma symptoms and end up in the ER," says Noreen Clark of the Center for Managing Chronic Disease. But experts can't say yet whether asthma makes a kid more susceptible to obesity or if weighing more increases the likelihood of breathing troubles. Either way, parents need to know that it's vital to keep asthmatic tweens and teens exercising and eating nutritiously, says Dr. Adriana Matiz of the New York-Presbyterian/Morgan Stanley Children's Hospital.

Treat It and Beat It

While kids are diagnosed with asthma at every age, the condition is most likely to develop in boys before they hit age 11, and in girls, around puberty. Warning signs to look out for include complaints about chest tightness and a nighttime cough that lasts longer than 10 to 14 days. Ask your child's doctor if the following tips might help ease symptoms.

- **Have Inhalers On Hand** Daily use of an inhaled corticosteroid like Advair or Flovent can prevent symptoms, and albuterol can be used as a rescue medication.
- **Get Further Testing** Treat the underlying cause of asthma in addition to controlling symptoms, says Dr. Virant. "This means pinpointing whether your child also has allergic rhinitis, chronic sinusitis or another respiratory condition that causes asthma attacks, and finding a treatment that addresses that problem."
- **Consider Allergy Shots** Allergy shots may help kids with allergic rhinitis–induced asthma. One study of kids ages 6 to 17 found that those who received allergy shots were able to reduce their dependence on inhaled corticosteroids by 50%.

Don't turn a blind eye on youth smoking.

Every day, thousands of kids try their first cigarette. Many of these kids will become life-long smokers. However, if your child doesn't begin smoking prior to age 18, it's likely they will never smoke in their lifetime.

How do you ensure that your kids won't grow up to smoke?

Michael H. Popkin, Ph.D.
President, Active Parenting Publishers

According to author and parenting expert Dr. Michael Popkin, building courage and self-esteem in kids is important in helping them say "no" to cigarettes.

"Kids with self-esteem know they are too valuable to hurt their bodies by smoking, don't need the buzz from nicotine to feel good, or a cigarette in their hand to look cool."

Dr. Popkin advises:

- Provide positive feedback to your child
- Show confidence in your kids
- Build on your child's strengths
- Value your child
- Stimulate independence by not overprotecting or pampering

For more information,
visit **RealParentsRealAnswers.com** where you'll find:

- Man-on-the-street interviews—Find out from our youth the real reasons kids smoke today and what parents can do to help keep them from smoking.
- Aging simulator—Download your child's photo and show her how she would look years from now if she smokes, versus if she stays smoke-free. (Limited time offer; while supplies last)

And now, you can link in to smoking prevention from your web-enabled phone by visiting **RPRA.mobi** for:

- Quick answers to frequently asked questions
- Our monthly parenting challenge
- Parenting expert Dr. Michael Popkin's blog
- Link to submit your own question to Dr. Popkin, and more

Real Parents. Real Answers.

For more resources and answers about keeping kids from smoking,
visit **RealParentsRealAnswers.com**.

15 WAYS TO A HEALTHIER FAMILY

We're heading into the season of sniffles, sneezes, overeating, under-exercising and doing too much on too little sleep. So why not fight back? We've found some super products that can help you and your crew stay healthy, fit and bright-eyed this winter. Check them out and be well.

BY MARGIT FEURY RAGLAND

1

caller beware

No talking dirty when you put an iSkin cover on your phone—it's made with antimicrobial material to stop the growth of unwanted bacteria.

→ iSkin Solo FX SE, iskin.com, $35

2

rub away germs

Sanitize your hands without that antiseptic smell. This all-natural option has a pleasant fragrance and leaves skin feeling soft.

→ CleanWell All-Natural Hand Sanitizer, cleanwelltoday.com, from $3

3

fit kick

Get yourself out of an exercise rut with these workouts. Choose a level, and pop a laminated card out of the three-ring binder to find out what your cardio routine and strength training moves will be for that day. It's like having a personal trainer creating a brand-new exercise routine for you.

→ My Gym Trainer, mytrainerfitness.com, $40

Photos: (My Gym Trainer 1,3) Bryan McCay; (My Gym Trainer 2) Peter Ardito.

15 WAYS TO A HEALTHIER FAMILY

4

control the air

Dryness can be a home (and health) wrecker, allowing viruses to linger in the air and on often-touched surfaces like faucets, door handles and countertops. Fight flu and other illnesses by upping the humidity level—ideal is 40% to 60%—with a humidifier.

→ Vicks GermFree Cool Mist Humidifier, amazon.com, $70

Low moisture levels can dry out your nose and throat, leaving you more vulnerable to a cold or the flu.

5

skip the app

This pocket-size, user-friendly book makes going low-tech good for your bottom line. It includes food counts for around 17,000 generic and brand name foods, plus 200 fast food and restaurant chain items.

→ *The Calorie King Calorie, Fat & Carbohydrate Counter*, calorieking.com, $8.50

6

step to it

The easiest way to lose weight is to start taking at least 10,000 steps a day. Women who regularly walk this much have 40% less body fat, as well as waists and hips that are 4 to 6 inches narrower than those who walk fewer than 6,000.

→ New Balance VIA Step Pedometer, newbalance.com, $16

Photo: (Calorie King book) Bryan McCay.

15 WAYS TO A HEALTHIER FAMILY

7

feeling hot

Not sure if you should keep your kid home or send him to school? This new superfast thermometer gives you a reading in just 8 seconds, turning green if he's good to go, yellow if he has a mild fever and red if he should climb back into bed.

→ Vicks SpeedRead Insight Thermometer, amazon.com, $12.50

Kids who go to school with a fever put other students at risk for illness, so it's important to take your child's temperature.

8

breathe easy

Odorless radon gas, which seeps out of soil and into homes through cracks in the foundation, leads to more than 20,000 deaths annually in the U.S. and is the number one cause of lung cancer in non-smokers. Find out if your home has high radon levels—especially dangerous in the winter—with a simple test.

→ Pro-Lab's Radon Gas Test Kit, homestoreproducts.com, $40 (including lab fee)

9

flash player

Enforce the two-minute rule. That's how long your kids (and you and your husband) should spend brushing, twice a day. This blinking toothbrush makes keeping time easy for your young tweens.

→ FireFly Light-Up Toothbrush, target.com, $1

(continued)

Photo: (Radon Gas) Bryan McCay; (Firefly toothbrush) Peter Ardito.

COPD won't always keep me from spending time with my grandkids.

ADVAIR helps significantly improve lung function. It contains both an anti-inflammatory* and a long-acting bronchodilator that work together to help you breathe better.† Ask your doctor if ADVAIR is right for you.

To get your first full prescription FREE and to save on refills‡ visit ADVAIR.com or call 1-800-520-4197.

Important Safety Information

- ADVAIR DISKUS 250/50 is approved for adults with COPD, including chronic bronchitis, emphysema, or both. You should only take 1 inhalation of ADVAIR twice a day. Higher doses will not provide additional benefits.
- Do not use ADVAIR to treat sudden, severe symptoms of COPD. Always have a rescue inhaler medicine with you to treat sudden symptoms. Do not use ADVAIR DISKUS if you have a severe allergy to milk proteins. Ask your doctor if you are not sure. Do not use ADVAIR with long-acting beta$_2$-agonists for any reason.
- People with COPD taking ADVAIR may have a higher chance of pneumonia. Call your doctor if you notice any of the following symptoms: change in amount or color of sputum, fever, chills, increased cough, or increased breathing problems.
- ADVAIR may increase your risk of osteoporosis and some eye problems (cataracts or glaucoma). You should have regular eye exams. Thrush in the mouth and throat may occur.
- Tell your doctor about the medicines you take and about all of your medical conditions. Some people may experience increased blood pressure, heart rate, changes in heart rhythm, or chest pain with ADVAIR.

*It is not known how anti-inflammatories work in COPD. †Measured by a breathing test in people taking ADVAIR 250/50, compared with people taking either fluticasone propionate 250 mcg or salmeterol 50 mcg. Your results may vary. ‡Restrictions apply. See advairCOPD.com for eligibility rules.

Please see accompanying important information about ADVAIR DISKUS.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

ADVAIR 250/50

gsk GlaxoSmithKline

GSK for you — If you don't have prescription coverage and can't afford your medicines, visit GSKforYou.com or call 1-866-GSK-FOR-U (1-866-475-3678)

ADVAIR DISKUS® 250/50
(fluticasone propionate 250 mcg and salmeterol 50 mcg inhalation powder)

ADVAIR DISKUS®

(fluticasone propionate and salmeterol inhalation powder) BRIEF SUMMARY

This summary does not take the place of talking to your healthcare provider about your medical condition or treatment. See full Prescribing Information for complete product information.

What is the most important information I should know about ADVAIR DISKUS?

ADVAIR DISKUS can cause serious side effects, including:

1. **People with asthma who take long-acting beta$_2$-adrenergic agonist (LABA) medicines, such as salmeterol (one of the medicines in ADVAIR DISKUS), have an increased risk of death from asthma problems.** It is not known whether fluticasone propionate, the other medicine in ADVAIR DISKUS, reduces the risk of death from asthma problems seen with salmeterol.
   - **Call your healthcare provider if breathing problems worsen over time while using ADVAIR DISKUS.** You may need different treatment.
   - **Get emergency medical care if:**
     - breathing problems worsen quickly and
     - you use your rescue inhaler medicine, but it does not relieve your breathing problems.
2. ADVAIR DISKUS should be used only if your healthcare provider decides that your asthma is not well controlled with a long-term asthma control medicine, such as inhaled corticosteroids.
3. When your asthma is well controlled, your healthcare provider may tell you to stop taking ADVAIR DISKUS. Your healthcare provider will decide if you can stop ADVAIR DISKUS without loss of asthma control. Your healthcare provider may prescribe a different asthma control medicine for you, such as an inhaled corticosteroid.
4. Children and adolescents who take LABA medicines may have an increased risk of being hospitalized for asthma problems.

What is ADVAIR DISKUS?

- ADVAIR DISKUS combines an inhaled corticosteroid medicine, fluticasone propionate (the same medicine found in FLOVENT®), and a LABA medicine, salmeterol (the same medicine found in SEREVENT®).
  - Inhaled corticosteroids help to decrease inflammation in the lungs. Inflammation in the lungs can lead to asthma symptoms.
  - LABA medicines are used in people with asthma and chronic obstructive pulmonary disease (COPD). LABA medicines help the muscles around the airways in your lungs stay relaxed to prevent symptoms, such as wheezing and shortness of breath. These symptoms can happen when the muscles around the airways tighten. This makes it hard to breathe. In severe cases, wheezing can stop your breathing and cause death if not treated right away.
- ADVAIR DISKUS is used for asthma and COPD as follows:

Asthma

ADVAIR DISKUS is used to control symptoms of asthma and to prevent symptoms such as wheezing in adults and children aged 4 years and older.

ADVAIR DISKUS contains salmeterol (the same medicine found in SEREVENT). LABA medicines, such as salmeterol, increase the risk of death from asthma problems.

ADVAIR DISKUS is not for adults and children with asthma who:

- are well controlled with another asthma control medicine, such as a low to medium dose of an inhaled corticosteroid medicine
- have sudden asthma symptoms.

COPD

COPD is a chronic lung disease that includes chronic bronchitis, emphysema, or both. ADVAIR DISKUS 250/50 is used long term, 2 times each day to help improve lung function for better breathing in adults with COPD. ADVAIR DISKUS 250/50 has been shown to decrease the number of flare-ups and worsening of COPD symptoms (exacerbations).

Who should not use ADVAIR DISKUS?

Do not use ADVAIR DISKUS:

- to treat sudden, severe symptoms of asthma or COPD
- if you have a severe allergy to milk proteins. Ask your doctor if you are not sure.

What should I tell my healthcare provider before using ADVAIR DISKUS?

Tell your healthcare provider about all of your health conditions, including if you:

- **have heart problems**
- **have high blood pressure**
- **have seizures**
- **have thyroid problems**
- **have diabetes**
- **have liver problems**
- **have osteoporosis**
- **have an immune system problem**
- **are pregnant or planning to become pregnant.** It is not known if ADVAIR DISKUS may harm your unborn baby.
- **are breastfeeding.** It is not known if ADVAIR DISKUS passes into your milk and if it can harm your baby.
- **are allergic to any of the ingredients in ADVAIR DISKUS, any other medicines, or food products**
- **are exposed to chickenpox or measles**

Tell your healthcare provider about all the medicines you take including prescription and non-prescription medicines, vitamins, and herbal supplements. ADVAIR DISKUS and certain other medicines may interact with each other. This may cause serious side effects. Especially, tell your healthcare provider if you take ritonavir. The anti-HIV medicines NORVIR® (ritonavir capsules) Soft Gelatin, NORVIR (ritonavir oral solution), and KALETRA® (lopinavir/ritonavir) Tablets contain ritonavir.

Know the medicines you take. Keep a list and show it to your healthcare provider and pharmacist each time you get a new medicine.

How do I use ADVAIR DISKUS?

Do not use ADVAIR DISKUS unless your healthcare provider has taught you and you understand everything. Ask your healthcare provider or pharmacist if you have any questions.

- Children should use ADVAIR DISKUS with an adult's help, as instructed by the child's healthcare provider.
- Use ADVAIR DISKUS exactly as prescribed. **Do not use ADVAIR DISKUS more often than prescribed.** ADVAIR DISKUS comes in 3 strengths. Your healthcare provider has prescribed the one that is best for your condition.
- The usual dosage of ADVAIR DISKUS is 1 inhalation 2 times each day (morning and evening). The 2 doses should be about 12 hours apart. Rinse your mouth with water after using ADVAIR DISKUS.
- If you take more ADVAIR DISKUS than your doctor has prescribed, get medical help right away if you have any unusual symptoms, such as worsening shortness of breath, chest pain, increased heart rate, or shakiness.
- If you miss a dose of ADVAIR DISKUS, just skip that dose. Take your next dose at your usual time. Do not take 2 doses at one time.
- Do not use a spacer device with ADVAIR DISKUS.
- Do not breathe into ADVAIR DISKUS.
- **While you are using ADVAIR DISKUS 2 times each day, do not use other medicines that contain a LABA for any reason.** Ask your healthcare provider or pharmacist if any of your other medicines are LABA medicines.
- Do not stop using ADVAIR DISKUS or other asthma medicines unless told to do so by your healthcare provider because your symptoms might get worse. Your healthcare provider will change your medicines as needed.
- ADVAIR DISKUS does not relieve sudden symptoms. Always have a rescue inhaler medicine with you to treat sudden symptoms. If you do not have an inhaled, short-acting bronchodilator, call your healthcare provider to have one prescribed for you.

Call your healthcare provider or get medical care right away if:

- your breathing problems worsen with ADVAIR DISKUS
- you need to use your rescue inhaler medicine more often than usual
- your rescue inhaler medicine does not work as well for you at relieving symptoms
- you need to use 4 or more inhalations of your rescue inhaler medicine for 2 or more days in a row
- you use 1 whole canister of your rescue inhaler medicine in 8 weeks' time
- your peak flow meter results decrease. Your healthcare provider will tell you the numbers that are right for you.
- you have asthma and your symptoms do not improve after using ADVAIR DISKUS regularly for 1 week

What are the possible side effects with ADVAIR DISKUS?

- **ADVAIR DISKUS can cause serious side effects, including:**
- **See "What is the most important information I should know about ADVAIR DISKUS?"**
- **serious allergic reactions.** Call your healthcare provider or get emergency medical care if you get any of the following symptoms of a serious allergic reaction:
  - rash
  - hives
  - swelling of the face, mouth, and tongue
  - breathing problems
- **sudden breathing problems immediately after inhaling your medicine**
- **effects on heart**
  - increased blood pressure
  - a fast and irregular heartbeat
  - chest pain
- **effects on nervous system**
  - tremor
  - nervousness
- **reduced adrenal function (may result in loss of energy)**
- **changes in blood (sugar, potassium, certain types of white blood cells)**
- **weakened immune system and a higher chance of infections**
- **lower bone mineral density.** This may be a problem for people who already have a higher chance of low bone density (osteoporosis).
- **eye problems including glaucoma and cataracts.** You should have regular eye exams while using ADVAIR DISKUS.
- **slowed growth in children.** A child's growth should be checked often.
- **pneumonia.** People with COPD have a higher chance of getting pneumonia. ADVAIR DISKUS may increase the chance of getting pneumonia. Call your healthcare provider if you notice any of the following symptoms:
  - increase in mucus (sputum) production
  - change in mucus color
  - fever
  - chills
  - increased cough
  - increased breathing problems

Common side effects of ADVAIR DISKUS include:

Asthma:

- upper respiratory tract infection
- throat irritation
- hoarseness and voice changes
- thrush in the mouth and throat
- bronchitis
- cough
- headache
- nausea and vomiting

COPD:

- thrush in the mouth and throat
- throat irritation
- hoarseness and voice changes
- viral respiratory infections
- headache
- muscle and bone pain

In children with asthma, infections in the ear, nose, and throat are common.

Tell your healthcare provider about any side effect that bothers you or that does not go away.

These are not all the side effects with ADVAIR DISKUS. Ask your healthcare provider or pharmacist for more information.

Call your doctor for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.

Ask your healthcare provider or pharmacist for additional information about ADVAIR DISKUS. You can also contact the company that makes ADVAIR DISKUS (toll free) at 1-888-825-5249 or at www.advair.com.

GlaxoSmithKline
Research Triangle Park, NC 27709
ADD:8BRS June 2010

AD5414R0 July 2010

World's Fastest Wrinkle Remover? Ugly Lines Gone in 90 Seconds!

Turn back time with the new 90 Second Wrinkle Remover. Miracle beauty breakthrough makes wrinkles disappear from view instantly. See for yourself…risk FREE!

By Meg Borman

If I want to look younger I want to look younger now ... not 8 weeks from now.

That's why I fell in love with ***Instant Effect***, the new miracle **90 Second Wrinkle Remover**. Does it work? The look on my husband's face was all the proof I needed.

It felt like weeks since we'd been alone, but last weekend we snuck away for a romantic night out. No kids. No TV. Just an intimate dinner for two. So I knew this was the night for ***Instant Effect***. Before we even left the house, he gave me "the look", which I haven't seen in a long time. "Wow," he said. "You look amazing." Then he got real close, and stayed close all night.

Wrinkles Disappear in Seconds

Can a tiny dab of a miracle remover make such a huge difference? Absolutely. Use ***Instant Effect*** on your most stubborn lines, wrinkles, creases and judge for yourself. If you're results are anything like mine, you'll be amazed by the immediate sensation of tighter and smoother-looking skin. Wrinkles visually disappear in seconds…with results that last for hours. And no one will ever know your secret.

You can see ***Instant Effect*** working immediately. Ninety seconds is all you need to transform yourself into a radiant, younger-looking you. The quick-absorbing clear remover gently firms on contact, smoothing over ugly wrinkles. Instead of harsh chemicals injected under the skin's surface or painful procedures that permanently change your face, ***Instant Effect*** visibly erases fine line, wrinkles, crow's feet and even deep creases. And while other instant products turn chalky and crack, the scientific breakthrough technology in ***Instant Effect*** stays silky and smooth for a perfect look. You won't remember you have it on it's so comfortable. You can wear it all day….and night!

Turn Back the Clock Everyday

The perfect addition to your daily routine, the **90 Second Wrinkle Remover** by ***Instant Effect*** dries instantly and invisibly, so you can wear it under your favorite makeup. Wrinkles that formed over years seem to fade before your eyes.

Instant Effect comes in an easy-to-use pump that delivers the perfect amount every time for instant results wherever you go. ***Instant Effect*** contains powerful micronized ingredients to transform problem wrinkles and fine lines anywhere into smoother, younger looking skin every time. It's the ultimate quick fix for a younger-looking you!

Not Available in Stores

You won't find the **90 Second Wrinkle Remover** by ***Instant Effect*** behind the counter at high-end boutiques and certainly not on drugstores shelves. It's only available in limited quantities direct from the laboratory. To ensure its integrity, ***Instant Effect*** is produced in small batches using our unique formula of scientifically proven ingredients. If you're serious about younger-looking skin, take the first step today and call the number below. Try it yourself, risk-free for 30 days...and wait for the "Wow."

"With my schedule, I don't have time to wait for slow-drying masks or messy creams. Instant Effect takes less than 2 minutes and the compliments keep coming all day!"

– Denise M., Columbia, SC

Seeing is Believing….

Watch Your Worst Wrinkles Disappear in Record Time!

Instant Effect goes to work in as little as **90 seconds**. Watch fine lines, crow's feet and wrinkles visually disappear before your eyes!

Before *Instant Effect*

After 90 seconds

Un-retouched photography

You're Invited...

Try *Instant Effect* RISK-FREE for 30 Days!

We are so confident in the skin-smoothing benefits of the 90 Second Wrinkle Remover by Instant Effect that we want to offer you a 30-day supply risk FREE so you can experience the results first hand, because seeing is believing! But this offer is limited, so you must call today to get your supply of Instant Effect risk FREE. If you're not 100% satisfied with the results, simply return the unused portion for a complete refund (less shipping and processing). This is a limited time offer and when supplies are gone, they are gone!

Call 888-522-7517

to Get Your 30-Day Risk-Free Trial of *Instant Effect*

Mention Promotional Code IE100094

15 WAYS TO A HEALTHIER FAMILY

10

full steam ahead

The 11 attachments on this high temperature steamer loosen dirt and kill germs on toilets, floors and ovens, as well as on other tough-to-clean items like carpets and your kids' baseball mitts—all without chemicals.

→ HS-20 HAAN Deluxe Sanitizing Steam Cleaner, walgreens.com, $52

11

you gotta wear shades

The brightest move for your family's eye health is choosing sunglasses that block UVA and UVB light. Wearing them year round is key to avoiding cataract surgery—the most frequently performed operation in the United States.

→ Fives Squared Oakley Sunglasses, oakley.com, $80

The sun can cause damage to your eyes even in the winter, so pop on a pair of sunglasses all year long.

12

pain relief

It may sound counterintuitive, but lying on this prickly mat releases feel-good endorphins that decrease stress, headaches, and back and neck pain, while also improving digestion and sleep.

→ TheraMat, theramat.com, $69

15 WAYS TO A HEALTHIER FAMILY

13 get better zzz's

Each morning this device gives you a score based on how long it took you to fall asleep, how many times you woke up and more.

→ Zeo Personal Sleep Coach, myzeo.com, , $199

MOMster

Visit momster.com/fcwinterhealthtips and tell us how you keep your family well during the chilly months. We'll pick our five favorites, and if yours is chosen, you'll receive a Total Fitness Platform ($150 value).

14 sleep on it

In clinical studies, this pillow was found to improve sleep, increase daytime energy, help regulate body temperature and reduce soreness. Talk about sweet dreams!

→ Ambient Comfort from the Signature Collection, jcpenney.com, $30/queen

15 tone up

There's no excuse not to exercise when an entire gym is under your bed. Pull it out anytime to work your arms, chest, back, shoulders, legs, hips and obliques in minutes.

→ Total Fitness Platform, brookstone.com, $150

small change

Sure, lots of money might be nice. But an even better way to relax about your financial situation is to buy into a new way of thinking—one you can bank on. BY LORI ERICKSON

If you're worrying about making ends meet—obsessing and even waking up panicked in the night—you're not the only one, not by a long shot. Half of Americans say their tension level is higher now than it was five years ago, with three-quarters listing money and work as the leading causes, according to a recent survey by the American Psychological Association.

There's just one smart thing to do when you've got economic troubles, says Ted Klontz, Ph.D., coauthor of *Mind Over Money* (Broadway Books). Treat them as an opportunity. "Instead of stressing, think of a tight money spot as the equivalent of a heart attack that makes you quit smoking, and start eating better and

ILLUSTRATIONS BY NOAH WOODS

IMPORTANT FACTS

LYRICA PREGABALIN CV capsules (**LEER**-i-kah)

IMPORTANT SAFETY INFORMATION ABOUT LYRICA

LYRICA may cause serious, even life threatening, allergic reactions. Stop taking LYRICA and call your doctor right away if you have any signs of a serious allergic reaction:

- Swelling of your face, mouth, lips, gums, tongue, throat or neck
- Have any trouble breathing
- Rash, hives (raised bumps) or blisters

Like other antiepileptic drugs, LYRICA may cause suicidal thoughts or actions in a very small number of people, about 1 in 500. Call your doctor right away if you have any symptoms, especially if they are new, worse or worry you, including:

- New or worsening depression
- Suicidal thoughts or actions
- Unusual changes in mood or behavior

Do not stop LYRICA without first talking with your doctor.

LYRICA may cause swelling of your hands, legs and feet. This swelling can be a serious problem with people with heart problems.

LYRICA may cause dizziness or sleepiness. Do not drive a car, work with machines, or do other dangerous things until you know how LYRICA affects you. Ask your doctor when it is okay to do these things.

ABOUT LYRICA

LYRICA is a prescription medicine used in adults 18 years and older to treat:

- Pain from damaged nerves that happens with diabetes or that follows healing of shingles
- Partial seizures when taken together with other seizure medicines
- Fibromyalgia (pain all over your body)

Who should NOT take LYRICA:

- Anyone who is allergic to anything in LYRICA

BEFORE STARTING LYRICA

Tell your doctor about all your medical conditions, including if you:

- Have had depression, mood problems or suicidal thoughts or behavior
- Have or had kidney problems or dialysis
- Have heart problems, including heart failure
- Have a bleeding problem or a low blood platelet count
- Have abused prescription medicines, street drugs or alcohol in the past
- Have ever had swelling of your face, mouth, tongue, lips, gums, neck, or throat (angioedema)
- Plan to father a child. It is not known if problems seen in animal studies can happen in humans.
- Are pregnant, plan to become pregnant or are breastfeeding. It is not known if LYRICA will harm your unborn baby. You and your doctor should decide whether you should take LYRICA or breast-feed, but not both.

Tell your doctor about all your medicines. Include over-the-counter medicines, vitamins, and herbal supplements. LYRICA and other medicines may affect each other causing side effects. Especially tell your doctor if you take:

- Angiotensin converting enzyme (ACE) inhibitors. You may have a higher chance for swelling and hives.

BEFORE STARTING LYRICA, continued

- Avandia® (rosiglitazone)*, Avandamet® (rosiglitazone and metformin)* or Actos® (pioglitazone)** for diabetes. You may have a higher chance of weight gain or swelling of your hands or feet.
- Narcotic pain medicines (such as oxycodone), tranquilizers or medicines for anxiety (such as lorazepam). You may have a higher chance for dizziness and sleepiness.
- Any medicines that make you sleepy

POSSIBLE SIDE EFFECTS OF LYRICA

LYRICA may cause serious side effects, including:

- See "Important Safety Information About LYRICA."
- Muscle problems, pain, soreness or weakness along with feeling sick and fever
- Eyesight problems including blurry vision
- Weight gain. Weight gain may affect control of diabetes and can be serious for people with heart problems.
- Feeling "high"

If you have any of these symptoms, tell your doctor right away.

The most common side effects of LYRICA are:

- Dizziness
- Blurry vision
- Weight gain
- Sleepiness
- Trouble concentrating
- Swelling of hands and feet
- Dry mouth

If you have diabetes, you should pay extra attention to your skin while taking LYRICA and tell your doctor of any sores or skin problems.

HOW TO TAKE LYRICA

Do:

- Take LYRICA exactly as your doctor tells you. Your doctor will tell you how much to take and when to take it. Take LYRICA at the same times each day.
- Take LYRICA with or without food.

Don't:

- Drive a car or use machines if you feel dizzy or sleepy while taking LYRICA.
- Drink alcohol or use other medicines that make you sleepy while taking LYRICA.
- Change the dose or stop LYRICA suddenly. You may have headaches, nausea, diarrhea, or trouble sleeping if you stop taking LYRICA suddenly.
- Start any new medicines without first talking to your doctor.

NEED MORE INFORMATION?

- Ask your doctor or pharmacist. This is only a brief summary of important information.
- Go to **www.lyrica.com** or call **1-866-459-7422 (1-866-4LYRICA).**

Uninsured? Need help paying for Pfizer medicines? Pfizer has programs that can help. Call **1-866-706-2400** or visit www.PfizerHelpfulAnswers.com.

Pfizer helpful answers

Pfizer

PARKE–DAVIS, Division of Pfizer Inc., New York, NY 10017

 Printed in the USA.

Version January 2010

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** Actos is a registered trademark of Takeda Chemicals Industries, Ltd., and is used under license by Takeda Pharmaceuticals of America, Inc., and Eli Lilly and Co.

Rx only

exercising," he says. "It usually takes something that dramatic to make us try new behaviors."

Logic might say that the sure cure is more cash, and plenty of it. But real peace of mind, the kind that outlasts life's many ups and downs, doesn't depend solely on your personal bottom line. "The people who feel the best about money aren't the ones who have a lot of it," says clinical psychologist Maria Nemeth, Ph.D., author of *The Energy of Money* (Wellspring/Ballantine). "What they do possess is a knowledge of how to earn and spend that reflects their deepest values." While there are countless factors beyond your control, a few simple changes will allow you to have power over your outlook and attitude. And that's priceless.

1 TAKE STOCK

Feelings about earning and spending are usually rooted in childhood, which is why it's helpful to think about how you were raised. Maybe your parents conducted business privately, so for all you knew, bills were paid by magic. Or perhaps they were nervous scrimpers, conveying that financial matters were inherently scary. "Once you look at your parents' influence, you can choose which of their habits and attitudes you want to save and which you should discard," says Susan McCarthy, Ph.D., author of *The Value of Money* (Tarcher). "It's about being very conscious so you end up using your resources exactly the way you want to."

PAY IT DOWN

Kristin Roach, a San Antonio mother of two, has discovered a simple way to achieve economic security. Despite a lean budget, she's paid off $80,000 in debt in the last 10 years, leaving just her mortgage still to go. Consumer credit counseling helped, as did finding new ways to live more frugally. But her real secret weapon was the decision to be grateful for every part of her financial life—even her bills. (Don't laugh until you've tried it.) "Every time I make a payment, I give thanks that I can take care of our needs," says Kristin, a professional musician. Kristin also contributes regularly to charity. "Donating reminds me how fortunate I am," she says.

So far, so good. And when you add in generous thinking about others' achievements, says Ellie Kay, author of *Living Rich for Less* (WaterBrook), you've got a powerful formula. "It's easy to let someone else's success make us feel poorer," she says. "But if we wish good fortune for everyone, we give up envy." And that clears the way to see how much we have in our own lives.

2
ADMIT MISTAKES

What are your regrets? Committing to five years of car payments when the old vehicle would have run another 50,000 miles? Cashing in the 401(k) instead of rolling it over? Using plastic for that birthday getaway weekend? List them, own them, learn from them and then let them go. Continuing to mull over missteps only bogs you down. "Improving a relationship, whether it's with your spouse or your finances, always begins with rigorous honesty," says Paula Langguth Ryan, author of *Bounce Back from Bankruptcy* (Pellingham Casper Communications).

3
SCARE YOURSELF

This step sounds counterintuitive, but it works. Play out in your mind all the things that could go wrong. Then picture yourself dealing with them, being very specific. "Imagining a worst-case scenario can help us tap into resources and creativity we didn't know we had," says Jonathan Alpert, L.P.C., a psychotherapist in New York City. "People often underestimate their ability to deal with a crisis." Mentally going over how you'd cope is a kind of rehearsal that builds inner strength.

MONEY RESET

Ready to try something a little crazy? Take a cash sabbatical. "Handling finances triggers primal emotions like fear and greed, and those feelings make it hard to get perspective," says Brent Kessel, author of *It's Not About the Money* (HarperOne). "So from time to time arrange a day when you don't buy anything at all. As you watch your desires rise without satisfying them and ride out the discomfort, the urges typically subside." When the compulsion passes, you'll have a deeper sense of calm and more patience. From there, you'll be better equipped to make spending decisions that will have longer-lasting benefits.

«4»

GET A GRIP ON DESIRES

Yes, we know. What you'd really like is a winning lottery ticket. But would that truly do it for you? Research shows that people who have won millions typically return to about the same levels of contentment they had before their big score. Instead of dwelling on the what-ifs, consider your sources of deepest satisfaction—providing for your kids, helping the community, having a little fun. Even without megabucks, you can take care of these needs.

«5»

STASH YOUR GOALS WITH YOUR CASH

On an index card write down 5 things you hope to achieve in the next 12 months and put it in your wallet. Next time you're tempted to spend impulsively, pull out your list and ask yourself, "Can this purchase wait?" or "Is there a less expensive way to do this?" Slowing down spending and focusing on the long-term gain creates clarity. Then you'll be well on your way to having your dreams come true.

«6»

TAKE ONE ACTION A WEEK

Choose a task you've been putting off: Send for your credit report and start cleaning up any mistakes, make an appointment with a lawyer about creating a will, or start drafting a master list of your assets so the information will be in one place. The payoff of taking control, even a little at a time, can be huge: "Bring some ease into your relationship with money," says Nemeth, "and you'll see the serenity spreading to all areas of your life." ●

TEAMWORK

You've got incredible economic assets living right under your roof: your children. "To begin with, stop trying to hide your situation," says clinical psychologist Maria Nemeth. "Kids sense your tension, and if they don't hear an explanation, they'll imagine the worst." Give them an overview (including your plans for fixing the problem), ask for ideas, then sit back and listen. "In a crisis children want to know two things—whether their parents are going to be okay, and what they can do to help," says Nemeth. She had one client who told her 11-year-old she could pay for his karate lessons, but not for his uniform. The boy happily mowed lawns and washed cars to get the money. Another mom took her kids up on the idea of preparing more meals from scratch, and now the family cooks together several times a week. A teen in a different family suggested that instead of taking an expensive theme park trip, everyone go to the beach instead. They saved big and had just as much fun. Your children may have other ideas. The thing is, most kids really want to pitch in, and when they do, everybody wins.

*I wanted to stop my bone loss, but I did more. I reversed it with BONIVA.**

If you have osteoporosis, like me, calcium-rich foods, vitamin D, and exercise can help. But they may not be enough to keep your bones strong. So ask your doctor if once-monthly BONIVA can help you do more. Studies show, after a year on BONIVA, 9 out of 10 women stopped and reversed their bone loss.† And my test results proved I did, too.

"Eat plenty of calcium-rich foods like yogurt, spinach, and cheese."

BONIVA is a prescription medication to treat and prevent postmenopausal osteoporosis.
Ask your doctor if BONIVA is right for you.

Important Safety Information: You should not take BONIVA if you have certain problems with your esophagus (the tube that connects your mouth and stomach), low blood calcium, cannot sit or stand for at least 60 minutes, have severe kidney disease, or are allergic to BONIVA. Stop taking BONIVA and tell your doctor right away if you experience difficult or painful swallowing, chest pain, or severe or continuing heartburn, as these may be signs of serious upper digestive problems. Follow the dosing instructions for once-monthly BONIVA carefully to lower the chance of these events occurring. Side effects may include diarrhea, pain in the arms or legs, or upset stomach. Tell your doctor and dentist about all the medicines you take. Tell them if you develop jaw problems (especially following a dental procedure) or severe bone, joint, and/or muscle pain. Your doctor may also recommend a calcium and vitamin D supplement.

You are encouraged to report negative side effects of prescription drugs to the FDA.
Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

*Bone density measured at the lumbar spine after 1 year of treatment. Individual results may vary.
†Bone density measured at the lumbar spine, total hip, or trochanter; 3 out of 4 at the femoral neck.

Please read Patient Information on the next page.

Enroll today. Call 1-800-418-3512 or visit BONIVAfreetrial.com and try BONIVA free.

once-monthly Boniva®
ibandronate sodium
150 mg tablet

Help Stop and Reverse Bone Loss

Genentech
A Member of the Roche Group

10297400

Boniva® ibandronate sodium

IMPORTANT FACTS ABOUT BONIVA

(bon-EE-va) ibandronate sodium 150-mg tablet

What is BONIVA?

BONIVA, a bisphosphonate, is a prescription medicine used to treat and prevent osteoporosis in postmenopausal women, characterized by weakening of the bone.

Taken once a month in tablet form, BONIVA may stop and reverse bone loss in most women. It has been clinically proven to help build and maintain bone density, which can help reduce fractures.

What is the most important information about BONIVA?

BONIVA may cause serious problems in the stomach and the esophagus (the tube that connects your mouth and stomach) such as trouble swallowing, heartburn, and ulcers.

Who should not take BONIVA?

Do not take BONIVA if you:

- have abnormalities with your esophagus, such as restriction or difficulty swallowing
- have low blood calcium (hypocalcemia)
- cannot sit or stand for at least 60 minutes
- have kidneys that work very poorly
- are allergic to BONIVA or any of its ingredients

See Patient Information for complete list.

Before you start BONIVA.

Tell your health care provider if you:

- are pregnant or plan to become pregnant
- are breast-feeding
- have trouble swallowing or other problems with your esophagus
- have kidney problems
- are planning a dental procedure such as tooth extraction

Tell your health care provider and dentist about all medications you're taking, including vitamins, antacids, and supplements.

How should you take BONIVA?

You must take BONIVA exactly as instructed by your health care provider.

- Take first thing in the morning, on the same day each month.
- Swallow whole (do not chew or suck) with a full glass (6 to 8 oz) of plain water (not sparkling or mineral). Do not take with tea, coffee, juice, or milk.
- After you take BONIVA, remain standing or sitting for at least 60 minutes before you eat, drink, lie down, or take any other oral medications, including calcium, vitamins, and antacids. Some medicines can stop BONIVA from getting to your bones.
- If you miss a monthly dose and your next scheduled BONIVA day is more than 7 days away, take one BONIVA 150 mg tablet in the morning following the day that you remember. Do not take two 150 mg tablets within the same week. If your scheduled BONIVA day is only 1 to 7 days away, wait until your next scheduled BONIVA day to take your tablet. Then return to taking one BONIVA 150 mg tablet every month in the morning of your chosen day, according to your original schedule. If you are not sure what to do if you miss a dose, contact your health care provider, who will be able to advise you.
- If you take too much BONIVA, drink a full glass of milk and call your local poison control center or emergency room right away. Do not make yourself vomit. Do not lie down.

What are the possible side effects of BONIVA?

Stop taking BONIVA and call your health care provider right away if you have pain or trouble swallowing, chest pain, or very bad heartburn or heartburn that does not get better. Follow dosing instructions carefully to decrease the risk of these effects.

BONIVA may cause:

- Pain or trouble swallowing
- Heartburn
- Ulcers in stomach or esophagus

Common side effects are:

- Diarrhea
- Pain in extremities (arms or legs)
- Upset stomach

Less common side effects are:

- Short-term, mild flu-like symptoms, which usually improve after the first dose

Rarely, patients have reported allergic and skin reactions. Contact your health care provider if you develop any symptoms of an allergic reaction including skin rash (with or without blisters), hives, wheezing, or swelling of the face, lips, tongue, or throat. Get medical help right away if you have trouble breathing, swallowing, or feel light-headed.

Rarely, patients have reported severe bone, joint, and/or muscle pain starting within one day to several months after beginning to take oral bisphosphonate drugs. Contact your health care provider if you develop these symptoms after starting BONIVA.

Rarely, patients have reported serious jaw problems associated with delayed healing and infection, often following dental procedures such as tooth extraction. If you experience jaw problems, contact your health care provider and dentist.

This summary is not a complete list of side effects. For a complete list, consult your health care provider or pharmacist.

Want to know more?

This summary is not everything you need to know about BONIVA. It does not take the place of talking with your health care provider about your condition or treatment. For more complete information, talk to your health care provider or pharmacist.

Visit myboniva.com or call 1-888-MyBONIVA for the complete Prescribing Information, which includes the Patient Information.

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HEALTH, BEAUTY & MORE

Home-Baked Taste From The Freezer

Who doesn't love the aroma of fresh baked bread? Rhodes makes the country's most popular homemade-quality frozen dough and pre-baked rolls. These true yeast products use no preservatives. Immediate freezing makes yeast inactive and preserves freshness. Keep some on hand. It's a smart way to enjoy reliable, flavorful bread, rolls and sweet rolls any time. In grocers' freezers. Free recipes at **www.rhodesbread.com/freerecipes**.

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Now you can dry dishes in 10 minutes with the touch of a button. The first of its kind, the Heat & Dry Dish Rack™ is faster and more sanitary than towel drying. The heated airflow dries quickly and effortlessly. This heated dish rack is configurable to efficiently accommodate large loads of wine glasses and dishes after parties and family dinners. Also perfect for drying baby bottles, plasticware, fine china and cookware. Available at Bed Bath & Beyond and ChefsCatalog.com. To learn more info call **1-877-926-6466** or visit **www.bonhome.com**

The Good Stuff From Yogurt!

For a naturally healthy digestive system, take **AccuFlora® Advanced CD** every day. The pro-biotic acidophilus that helps replenish beneficial bacteria and provides up to 12 hours of pro-biotic support. At Walmart, Walgreens, Rite Aid and Target®. **nwnaturalproducts.com**

Fiber Gummies — A Fiber-Packed Taste Sensation

Vita**fusion**® **Fiber Gummies** contain more than just amazing, one-of-a-kind, award-winning taste. They're also packed with 5g of fiber—that's more than any other leading brand! Made with natural colors & flavors, Fiber Gummies make it easy to enjoy your fiber. Available at Target®, CVS®, Safeway and Duane Reade.
fibergummy.com

There's A New Secret Your Lips Want To Share With Your Skin

Introducing Carmex® Skin Care. For over 70 years people have loved the healing power of Carmex lip balms — now our patent pending process and rich healing ingredients bring a new solution in a Lotion and Cream that heals, moisturizes and helps repair even your very dry, rough or cracked skin. Plus it absorbs fast without a greasy feel, and has a light, pleasant scent. Pass it on!

How To Organize Your Busy Life

It's more fun to track appointments, meetings and kids' happenings when the stylish, softbound planner matches your room or your life. You decide: red, black, orange, blue or tan. Get a special, limited-time price of just *$6.99* plus a *free monogram* when you visit **GiftValues.com** and enter code *FC1*. Regularly 29.95! All their other gifts have great prices, too.

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ASK DR. JANET

HOW TO MANAGE YOUR MOODS, YOUR RELATIONSHIPS, YOUR LIFE. **BY JANET TAYLOR, M.D.**

problem » My best friend's hours were cut back from 40 to 20, but her bosses make her work overtime to get things done—without paying for it. She won't say no or ask for the money she's owed, and I'm tired of her complaints. Am I being harsh?

dr. janet » It's natural to want to help our friends when they're in a jam. Sometimes that means offering truthful advice. If you feel she's being taken advantage of and not acting in her best interest, tell her. The next time she starts talking about it, respond with something like, "I hear you. Nobody likes confronting the boss. But have you considered mentioning how unfair the situation is and asking for what you need?" If you think she's not being assertive enough, help her gain the confidence to stand up for herself. Even if things don't work out this time, you'll have done her a huge favor.

My husband always wants to ask the couple next door to come to our parties. We moved here three years ago, and they've never reciprocated. Can I stop inviting them?
You've obviously been a good neighbor, and it seems like the couple must have been friendly at one point—or you wouldn't have invited them to begin with. So before crossing them off your guest list,

» 73% OF AMERICANS SAY THEY ARE SATISIFIED WITH THE NUMBER OF FRIENDS THEY HAVE. HOW MANY ARE CONSIDERED BESTIES? ON AVERAGE, PEOPLE SAY THEY HAVE NINE "CLOSE FRIENDS" (NOT INCLUDING RELATIVES).

Photo: Tom Grill/Getty Images.

give them the benefit of the doubt. Maybe they can't afford to throw parties or don't have many friends. Maybe they're not up to playing hosts. Instead, ask them out for a quiet dinner and get a sense of whether they feel comfortable with you and your husband. Later, use a rating like warm, cool or cold to assess your time together. If you both feel they said yes out of a sense of obligation, stop inviting them to your parties. But if everyone genuinely seemed to have fun, keep asking them over. Remember, we don't give to receive.

Emily, Cheryl and I have been close friends for years. Lately I've stopped hearing from Emily, but Cheryl tells me they still get together. I've called Emily to ask what's wrong—and haven't heard back from her. My feelings are hurt, and I don't know what to do.

No one likes being the odd person out, but even the strongest friendships can weaken over time. Perhaps you and Emily met in college or at a previous job, but circumstances have changed and you no longer share experiences, which has caused her to grow distant. It's also possible you offended her in some way. Before you hit the panic button, consider how important her friendship is to you. If it's worth keeping, reach out to her a few more times—a good way would be writing a letter expressing how much you miss her. Even if you can't mend fences, at least you'll have tried. She could be struggling with issues that have nothing to do with you, so focus on your friendship with Cheryl while keeping the lines of communication open with Emily. Who knows? Someday you might be a happy trio once again. ●

Janet Taylor, M.D., is a psychiatrist, personal-growth coach and mother of four. If you have a question for her, e-mail askdrjanet@familycircle.com.

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Photo: Bon Appetit/Alamy.

Sage Advice

This sweet-smelling herb is a superb way to pep up dishes like chicken, veggies and stews—and boost your immunity, too. Fresh sage will keep for up to five days, refrigerated, in a plastic bag. For a delicious alternative to the usual marinara sauce on ravioli: Melt 6 tbsp unsalted butter in a medium skillet. Stir in 2 tbsp coarsely chopped fresh sage, ¼ tsp *each* dried thyme, salt and pepper. Toss with 1 pound cooked cheese ravioli. Garnish with 1 tbsp fresh chopped parsley and additional sage leaves.

FOOD NEWS

→ BY ALLISON BAKER

french twist

For a healthier take on fries, try these oven-baked sweet potato strips. They're lower in calories than other types and loaded with fiber. Whip up one of our easy dipping sauces and you've got a better-for-you side dish.

1) Curry Ketchup Heat 1 tbsp oil in a small saucepan. Add 2 chopped scallions and 1 tsp hot curry powder; cook 1 minute. Stir in 1 cup ketchup.

2) Wasabi Sauce Mix 1 tbsp wasabi powder with 1 tbsp water. Combine with ½ cup light mayo, ½ cup reduced-fat sour cream and a pinch of salt. Stir in 1 bunch snipped chives.

3) Peanut Satay Blend ½ cup light coconut milk, ½ cup reduced-fat peanut butter, 1 tbsp *each* brown sugar, light soy sauce and fish sauce. Whisk in ¼ cup hot water and simmer over low heat 5 minutes, stirring occasionally. Stir in 2 tbsp lime juice.

1

2

3

Sweet Potato Fries

Heat oven to 450°. Cut in half lengthwise 3 peeled sweet potatoes, about 1½ pounds, then slice into ½-inch thick wedges. Toss with 1 tbsp olive oil and season with ½ tsp *each* salt and paprika. Place in a single layer on baking sheet. Bake 25 minutes, turning after 10 minutes, until tender.

Sandra Lee semi-homemade Comfort Food 138 FEEL-GOOD FAVORITES Comforting Classics for Everyday

>>> BOOK CLUB Find family-pleasing favorites like fried chicken and bread pudding in *Sandra Lee Semi-Homemade Comfort Food* (Wiley), the latest from the Food Network star. Fans can't get enough of her money-saving recipes that incorporate convenience products but taste like they're made from scratch. Amazon.com, $20

Tell us your favorite comfort food at momster.com/fc/sandralee and you could win a copy of the book. MOMster

COUNTER INTELLIGENCE

If you're like most people, you automatically store produce in the fridge—not a good across-the-board policy. While cold storage can help some fruits and vegetables last longer, it degrades the flavor and texture of others, according to Adel Kader, Ph.D., a professor at the Postharvest Technology Research and Information Center at the University of California, Davis. Certain items really should be left on the countertop.

TOMATOES Why not the fridge? Chilly air dulls the flavor and makes them more acidic.
Keep-fresh tip Place in a spot away from windows so they don't get direct sunlight.
Use within 1 week.

POTATOES Why not the fridge? The starch in them will quickly turn into sugar, resulting in too-sweet spuds when cooked.
Keep-fresh tip Don't wash until ready to eat.
Use within 2 to 4 weeks.

CUCUMBERS Why not the fridge? They become yellow and watery.
Keep-fresh tip Stash in a plastic grocery bag.
Use within 1 week.

BANANAS Why not the fridge? Low temperatures speed up spoiling.
Keep-fresh tip Store separately on a plate in a cool, dry place.
Use within 3 to 4 days.

3 NEW IDEAS for PRETZELS

① For a crunchy coating for chicken, brush each side of 4 boneless, skinless chicken breasts with 1 tsp spicy brown mustard. Roll in finely crushed pretzels; bake at 400° for about 15 minutes or until internal temperature reaches 160°.

② Swap your favorite cookie crust recipe for this delicious pretzel version: Mix 2 cups finely crushed pretzels, 6 tbsp melted butter and 3 tbsp sugar. Press into a pie plate and bake at 350° for 10 minutes.

③ Make a simple, sweet dessert by melting 12 ounces semisweet chocolate baking chips, then stirring in 1 cup coarsely crushed pretzels and ½ cup chopped nuts. Spread out onto a waxed paper–lined baking sheet. Refrigerate 1 hour. Break into pieces.

Photos: (sweet potato fries) Alexandra Grablewski. Food styling: Michael Pederson. Prop styling: Christina Lane; (tomato) Kritsada Panichgul; (potatoes) Marty Baldwin; (cucumber) istock photo; (bananas) Blaine Moats. Illustration: Barry Falls.

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IN THE KITCHEN WITH REGINA

Grain Expectations

Good-for-you ideas from Regina Ragone, our food director/ registered dietician

Seems like everywhere you look in the supermarket, packages and boxes trumpet, "Made with Whole Grains!" Science proves they can lower the risk of heart disease, cancer and diabetes, so the claim does matter. What's more, these nutritional dynamos help you feel fuller longer, so you eat less and keep off pounds. Buying whole-grain cereal or bread is a great start but going above and beyond is easier than you think. Some delicious ideas:

Brown rice A no-brainer way to transition your family, this form of the grain has had only the inedible hull removed, leaving the bran layers intact. This makes it high in fiber and other nutrients, and gives it texture and a nutty flavor. (Uncle Ben's new whole-grain white rice is another good option.) Forget the 45 clock-watching minutes you used to have to spend at the stove—brown rice is now available in instant, fully cooked and frozen varieties, as well as microwavable cups. I love the new line of grains from Village Harvest (villageharvestrice.com).

* see recipe at right

Quinoa (KEEN-wa) Small yellow or red seeds with a fluffy texture and mild flavor. High in protein and gluten-free, quinoa is one of the most versatile grains and can easily be used in place of rice or couscous. To prepare, place 2 cups water and 1 cup quinoa in a saucepan and bring to a boil. Reduce to a simmer, cover and cook until all water is absorbed, about 15 minutes.

Wheat berries One of my favorite grains because of its chewy texture and sweet flavor. You've probably seen these kernels of wheat in salads, but they are also great as a pilaf, breakfast cereal or in soups or stews. The best way to cook wheat berries is to soak 1 cup overnight. Drain, then add to 2 cups of water in a saucepan. Bring to a boil, reduce heat and simmer 30 to 40 minutes or until tender.

Bulgur To make this grain, wheat gets parboiled, dried and ground. Fine and medium grinds, which can be cooked just by steeping in hot water for 15 minutes, are what you find in the Middle Eastern salad called tabbouleh. Coarser grinds cook up in only 10 minutes and are used in pilafs and stuffings.

WINTER WHEAT BERRY SALAD

MAKES 4 servings

- **1 cup wheat berries, soaked overnight and drained**
- **2 tablespoons lemon juice**
- **2 tablespoons canola oil**
- **1 tablespoon maple syrup**
- **¼ teaspoon ground cinnamon**
- **¼ teaspoon salt**
- **¼ teaspoon ground black pepper**
- **¼ cup snipped dried apricots**
- **1 medium apple, cored, peeled and sliced**
- **1 large carrot, peeled and shredded**
- **2 green onions, sliced**
- **6 cups packaged fresh baby spinach**

① Add wheat berries to saucepan of boiling water, return to a boil; reduce heat. Simmer, covered, for 30 to 40 minutes or until tender. Drain; transfer to bowl to cool.

② In a small bowl, whisk together lemon juice, oil, syrup, cinnamon, salt and pepper. Toss with wheat berries, apricots, apple, carrot and onions. Serve over spinach.

PER SERVING 284 calories; 8 g fat (.6 g sat.); 8 g protein; 50 g carbohydrate; 12 g fiber; 217 mg sodium; 0 g cholesterol

PREP TIPS

>> For more flavor, cook grains in vegetable or chicken stock instead of water.
>> Make enough for several meals at one time. Freeze leftovers in small portions for quick additions to soups, stews and stuffing.
>> Keep whole grains tightly covered in a cool, dry place for up to five months. For longer storage, refrigerate or freeze them.
>> For more information, log on to wholegrainscouncil.org.

Photos: (recipe) Kim Cornelison; (Ragone) Tina Rupp.

FULL SPEED Ahead

6 SIMPLE RECIPES TO GET DINNER ON THE TABLE FAST.

BY MICHAEL TYRRELL

PHOTOGRAPHY BY YUNHEE KIM

HARVEST PORK ROAST & VEGETABLES PAGE 195

TIME SAVING STRATEGY

Prep in the P.M.

Marinating meat and chopping veggies the night before means supper is ready 20 minutes sooner the next evening.

SHRIMP FAJITAS

MAKES 8 fajitas **PREP** 10 minutes **COOK** 11 minutes

- **2 tablespoons canola oil**
- **1½ pounds large shrimp, shelled and deveined**
- **2 pounds pre-sliced peppers and onions, about 6 cups**
- **1 tablespoon pre-minced garlic**
- **½ package (1.2 ounces) fajita seasoning mix (such as McCormick)**
- **8 whole-wheat fajita-size tortillas**
- **Reduced-fat sour cream, salsa, refrigerated guacamole, microwavable rice, and salad, for serving (optional)**

① Heat 1 tablespoon oil in a large stainless steel skillet. Add shrimp and cook 3 to 4 minutes, turning once, until cooked through. Remove to a plate and reserve.

② Add remaining tablespoon oil, and peppers and onions, to the skillet. Cook for 5 minutes, stirring occasionally, scraping up any browned bits from bottom of pan. Add garlic after 4 minutes. Stir in ¼ **cup water** and seasoning mix. Cook for 2 minutes, stirring occasionally. Return shrimp to skillet and heat through.

③ Serve with warm tortillas. If desired, accompany with sour cream, salsa, guacamole, rice and salad.

PER FAJITA 263 calories; 7 g fat (2 g sat.); 19 g protein; 29 g carbohydrate; 5 g fiber; 834 mg sodium; 126 mg cholesterol

TIME SAVING STRATEGY

Shop smart.

Let supermarket employees pitch in—pick up pre-cut vegetables and salad mix from the produce section and cleaned shrimp from the fish counter. Fajita seasoning speeds things along, too.

Food styling: Cyd McDowell. Prop styling: Loren Simons.

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TIME SAVING STRATEGY

Sauté for speed.

Thin cuts of chicken, fish and meat—like these cube steaks—cook in a flash when sauteed. Pair with roasted potatoes and tomato salad for a fast, satisfying meal.

PEPPERY CUBE STEAK

MAKES 6 servings **PREP** 10 minutes **BAKE** at 450° for 20 minutes **COOK** 4 minutes

TOMATO SALAD

- 2 **pounds beefsteak or plum tomatoes, seeds squeezed out, chopped**
- 6 **cloves garlic, thinly sliced**
- 1 **tablespoon olive oil**
- 1 **tablespoon red wine vinegar**
- ¼ **teaspoon salt**
- ⅛ **teaspoon black pepper**
- 3 **tablespoons shredded basil**

POTATOES AND STEAK

- 2½ **pounds fingerling potatoes, larger potatoes cut in half**
- 2 **tablespoons olive oil**
- ¼ **teaspoon salt**
- ¼ **teaspoon black pepper**
- 6 **beef cube steaks, about 4 ounces each**
- ¾ **teaspoon Montreal steak seasoning**

① **Tomato Salad.** In a medium-size bowl, combine tomatoes, garlic, olive oil, vinegar, salt, pepper and basil. Cover and refrigerate for 20 minutes.

② **Potatoes and Steak.** Heat oven to 450°. Coat a 15 x 10 x 1-inch baking pan with nonstick cooking spray. Place potatoes in the baking pan and toss with 1 tablespoon of the olive oil. Season with salt and pepper. Bake at 450° for 20 minutes, stirring once, or until fork-tender.

③ Heat remaining tablespoon olive oil in a large nonstick skillet over medium-high heat. Season both sides of steaks with Montreal steak seasoning. Sauté meat in batches, for 2 minutes, then turn and sauté for an additional 1 to 2 minutes, until medium-rare.

④ Serve steaks immediately with roasted potatoes and tomato salad.

PER SERVING 408 calories; 15 g fat (4 g sat.); 31 g protein; 40 g carbohydrate; 4 g fiber; 321 mg sodium; 48 mg cholesterol

TIME SAVING STRATEGY

Pack your pantry.

With a good stash of basics like honey, soy sauce, ketchup, couscous and chicken broth, this can become a go-to recipe.

MAHOGANY ROASTED CHICKEN THIGHS

MAKES 6 servings **PREP** 10 minutes
BAKE at 450° for 40 minutes
COOK 10 minutes

- ¼ **cup reduced-sodium soy sauce**
- ¼ **cup honey**
- ¼ **cup orange juice**
- 2 **tablespoons ketchup**
- ½ **teaspoon hot sauce**
- 6 **large skinless chicken thighs, about 2¼ pounds total**
- 2 **cups reduced-sodium chicken broth**
- 1 **tablespoon dried onion flakes**
- 2 **cups tricolor couscous**
- 1 **pound frozen shelled edamame, cooked following package directions**

① Heat oven to 450°. Coat a roasting pan with nonstick cooking spray.

② In a medium bowl, whisk soy sauce, honey, orange juice, ketchup and hot sauce. Set aside half for basting, half for serving.

③ Place chicken, skinned-side up, in pan. Brush generously with soy mixture for basting. Roast at 450° for 40 minutes, brushing every 10 minutes with sauce. Remove from oven when internal temperature registers 160° on an instant-read thermometer.

④ Combine chicken broth and onion flakes in a saucepan. Bring to a simmer; stir in couscous, cover and remove from heat. Let stand 5 minutes. Fluff with a fork.

⑤ Serve the chicken with the reserved sauce, couscous and edamame.

PER SERVING 392 calories; 13 g fat (2 g sat.); 43 g protein; 29 g carbohydrate; 4 g fiber; 754 mg sodium; 166 mg cholesterol

JOY

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- 1 cup EACH any 3 types of Lindsay® Olives, drained
- 1 pint cherry tomatoes
- 1 tablespoon Herbes de Provence*
- 8 whole garlic cloves
- 1/4 cup olive oil
- 1/4 teaspoon black pepper

Preheat oven to 425°F. Lay out all the ingredients on a sheet pan and toss to combine. Roast the mixture in the oven for 15-20 minutes or until the tomatoes are shriveled and lightly browned. Cool mixture on the sheet pan and you're done. Serve at room temperature.

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*If you can't find Herbes de Provence, mix rosemary, thyme & basil.

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GOAT CHEESE–STUFFED CHICKEN BREASTS

MAKES 6 servings
PREP 15 minutes **COOK** 7 minutes
BAKE at 350° for 25 minutes

- 3 **ounces (about ⅓ cup) herbed goat cheese**
- 7 **sundried tomatoes packed in oil, chopped**
- 6 **boneless, skinless chicken breasts (5 to 6 ounces each)**
- 2 **cups whole milk**
- 1 **teaspoon garlic salt**
- 6 **teaspoons cornstarch**
- 1 **tablespoon canola oil**
- 2 **tablespoons snipped chives**
- ¾ **pound angel hair pasta, cooked following package directions**
- **Steamed green beans (optional)**

① In a small bowl, blend goat cheese and 2 tablespoons of the chopped tomatoes. Place chicken breasts on a cutting board. Make a slit about 2 inches long and 1½ inches deep in the thickest part, forming a pocket. Fill each breast with about 1 tablespoon of the goat cheese mixture. Place chicken in a container and freeze.

② In a small freezer-safe container, combine milk, garlic salt, cornstarch and remaining 3 tablespoons chopped tomatoes. Freeze.

③ Thaw chicken and sauce in refrigerator overnight.

④ Heat oven to 350°. In a large oven-proof stainless skillet, heat oil over medium-high heat. Place chicken, skinned-side down, in skillet and cook for 4 minutes. Turn chicken and transfer skillet to oven. Bake at 350° for 20 to 25 minutes or until internal temperature registers 160° on an instant-read thermometer. Remove chicken to a serving platter and keep warm.

⑤ Whisk the sauce into the skillet and cook over medium heat for 3 minutes, until thickened, scraping up any browned bits from the bottom of the pan. Stir in chives.

⑥ Serve chicken with the sauce and angel hair pasta. Accompany with green beans, if desired.

PER SERVING 497 calories; 12 g fat (5 g sat.); 46 g protein; 50 g carbohydrate; 3 g fiber; 366 mg sodium; 97 mg cholesterol

TIME SAVING STRATEGY

Freeze for the future.

Put this together through Step 2 on Sunday, when you have a little more time. Freeze, then thaw the night before you plan to serve.

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SAVORY MEAT LOAF & MUSHROOM GRAVY

MAKES two 6-serving meals
PREP 30 minutes **BAKE** at 400° for 70 minutes **COOK** 9 minutes

MEAT LOAF

- 2 tablespoons canola oil
- 3 pounds ground turkey
- 2 cups chopped onion
- 2 cups chopped carrot
- 1 cup unseasoned whole-wheat bread crumbs mixed with 1 cup 1% milk
- ½ cup grated Parmesan cheese
- ¼ cup ketchup
- 4 eggs, lightly beaten
- 1 teaspoon salt
- 1 teaspoon poultry seasoning
- 1 teaspoon garlic-pepper blend (such as McCormick)

GRAVY AND SIDES

- 1 tablespoon canola oil
- ½ pound sliced mixed mushrooms
- ¼ cup all-purpose flour
- 3 cups low-sodium chicken broth
- ½ cup dry white wine
- ½ teaspoon poultry seasoning
- ¼ teaspoon salt
- 3 cups cooked mashed potatoes (optional)
- 3 cups cooked wide noodles (optional)

① **Meat Loaf.** Heat oven to 400°. Coat a large roasting pan with canola oil.

② In large bowl, mix turkey, onion, carrot, bread crumb mixture, Parmesan, ketchup, eggs, salt, poultry seasoning and garlic-pepper. Divide in half; form into 2 loaf shapes. Place each in prepared pan. Bake at 400° for 60 to 70 minutes or until internal temperature registers 160° on an instant-read thermometer.

③ **Gravy and Sides.** Heat oil in a large skillet over medium heat. Add mushrooms. Cook 5 minutes. Stir in flour; cook 1 minute. Gradually whisk in broth, wine, poultry seasoning and salt. Simmer 3 minutes.

④ If desired, serve 1 meat loaf with half the gravy and the mashed potatoes. Refrigerate second loaf and remaining gravy for a second meal with noodles.

PER SERVING 332 calories; 17 g fat (4 g sat.); 27 g protein; 16 g carbohydrate; 2 g fiber; 750 mg sodium; 165 mg cholesterol

TIME SAVING STRATEGY

Make more than one.

If you're whipping up one meatloaf, it's almost as easy to make two. Just double the ingredients and bake both. Hold the second one in the fridge for a few days or freeze for later.

(continued)

and changed how I manage my type 2 diabetes.

Victoza® may help lower blood sugar—and can even lower your weight. Non-insulin Victoza®, along with eating right and staying active, can make a real difference. And Victoza® is used once a day anytime, with or without food.

Plus, it helps keep important cells in your pancreas that control blood sugar—called beta cells—working the way they should. Victoza® works by targeting beta cells to help lower blood sugar when it is high.

If you're ready for a change, talk to your doctor about Victoza® today.

or plan to breastfeed. It is unknown if Victoza® will harm your unborn baby or if Victoza® passes into your breast milk.

Your risk for getting hypoglycemia, or low blood sugar, is higher if you take Victoza® with another medicine that can cause low blood sugar, such as a sulfonylurea. The dose of your sulfonylurea medicine may need to be lowered while taking Victoza®.

The most common side effects with Victoza® include headache, nausea, diarrhea, and resistance to liraglutide (antibody formation). Nausea is most common when first starting Victoza®, but decreases over time in most people. Immune system-related reactions, including hives, were more common in people treated with Victoza® compared to people treated with other diabetes drugs in medical studies.

Please see Brief Summary of Important Patient Information on next page.

If you need assistance with prescription drug costs, help may be available. Visit pparx.org or call 1-888-4PPA-NOW.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit fda.gov/medwatch or call 1-800-FDA-1088.

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Important Patient Information

This is a BRIEF SUMMARY of important information about Victoza®. This information does not take the place of talking with your doctor about your medical condition or your treatment. If you have any questions about Victoza®, ask your doctor. Only your doctor can determine if Victoza® is right for you.

WARNING

During the drug testing process, the medicine in Victoza® caused rats and mice to develop tumors of the thyroid gland. Some of these tumors were cancers. It is not known if Victoza® will cause thyroid tumors or a type of thyroid cancer called medullary thyroid cancer (MTC) in people. If MTC occurs, it may lead to death if not detected and treated early. Do not take Victoza® if you or any of your family members have MTC, or if you have Multiple Endocrine Neoplasia syndrome type 2 (MEN 2). This is a disease where people have tumors in more than one gland in the body.

What is Victoza® used for?

- Victoza® is a glucagon-like-peptide-1 (GLP-1) receptor agonist used to improve blood sugar (glucose) control in adults with type 2 diabetes mellitus, when used with a diet and exercise program.
- Victoza® should not be used as the first choice of medicine for treating diabetes.
- Victoza® has not been studied in enough people with a history of pancreatitis (inflammation of the pancreas). Therefore, it should be used with care in these patients.
- Victoza® is not for use in people with type 1 diabetes mellitus or people with diabetic ketoacidosis.
- It is not known if Victoza® is safe and effective when used with insulin.

Who should not use Victoza®?

- Victoza® should not be used in people with a personal or family history of MTC or in patients with MEN 2.

What is the most important information I should know about Victoza®?

- In animal studies, Victoza® caused thyroid tumors. The effects in humans are unknown. People who use Victoza® should be counseled on the risk of MTC and symptoms of thyroid cancer.
- In clinical trials, there were more cases of pancreatitis in people treated with Victoza® compared to people treated with other diabetes drugs. If pancreatitis is suspected, Victoza® and other potentially suspect drugs should be discontinued. Victoza® should not be restarted if pancreatitis is confirmed. Victoza® should be used with caution in people with a history of pancreatitis.
- Serious low blood sugar (hypoglycemia) may occur when Victoza® is used with other diabetes medications called sulfonylureas. This risk can be reduced by lowering the dose of the sulfonylurea.
- Like all other diabetes medications, Victoza® has not been shown to decrease the risk of large blood vessel disease (i.e. heart attacks and strokes).

What are the side effects of Victoza®?

- Tell your healthcare provider if you get a lump or swelling in your neck, hoarseness, trouble swallowing, or shortness of breath while taking Victoza®. These may be symptoms of thyroid cancer.
- The most common side effects, reported in at least 5% of people treated with Victoza® and occurring more commonly than people treated with a placebo (a non-active injection used to study drugs in clinical trials) are headache, nausea, diarrhea, and resistance to liraglutide (antibody formation).
- Immune system related reactions, including hives, were more common in people treated with Victoza® (0.8%) compared to people treated with other diabetes drugs (0.4%) in clinical trials.
- This listing of side effects is not complete. Your health care professional can discuss with you a more complete list of side effects that may occur when using Victoza®.

What should I know about taking Victoza® with other medications?

- Victoza® slows emptying of your stomach. This may impact how your body absorbs other drugs that are taken by mouth at the same time.

Can Victoza® be used in children?

- Victoza® has not been studied in people below 18 years of age.

Can Victoza® be used in people with kidney or liver problems?

- There is limited data on using Victoza® in people with kidney or liver problems. Victoza® should be used with caution in these types of people.

Still have questions?

This is only a summary of important information. Ask your doctor for more complete product information, or

- call 1-877-4VICTOZA (1-877-484-2869)
- visit victoza.com

Date of Issue: Jan 2010
Version 1

141826 June 2010

novo nordisk®

HARVEST PORK ROAST & VEGETABLES

MAKES 6 servings
PREP 20 minutes **MARINATE** overnight
ROAST at 450° for 15 minutes, then at 400° for 55 minutes

PORK ROAST

- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- 1 teaspoon lemon zest
- 1 teaspoon Dijon mustard
- 1 teaspoon chopped rosemary
- 4 cloves garlic, chopped
- ¼ teaspoon salt
- ⅛ teaspoon black pepper
- 1 boneless center-cut pork roast, about 2½ pounds
- 1 tablespoon canola oil

VEGETABLES

- 6 cups cauliflower florets (about ½ large cauliflower)
- 1 large butternut squash, peeled and cut into 1-inch pieces (about 4 cups)
- 2 sweet peppers, cored, seeded and cut into 1-inch pieces
- 1 large sweet onion, peeled and cut into 10 wedges
- 4 tablespoons olive oil
- 4 cloves garlic, smashed
- Squeeze of lemon juice
- Leaves of 1 rosemary branch
- ½ teaspoon salt
- ½ teaspoon black pepper

① **Pork.** In small bowl, blend olive oil, lemon juice, zest, mustard, rosemary, garlic, salt and pepper. Rub pork with olive oil mixture. Place in a resealable plastic bag and refrigerate overnight.

② **Vegetables.** Place cauliflower, squash, peppers and onion in a large bowl and toss with olive oil, garlic, lemon juice and rosemary. Place in a resealable plastic bag and refrigerate overnight.

③ Heat oven to 450°. Brush large roasting pan with canola oil. Add pork. Arrange vegetables on a second large greased baking pan and season with salt and pepper. Place both pans in the oven and roast at 450° for 15 minutes. Reduce heat to 400° and continue roasting for 50 to 55 minutes or until pork's internal temperature registers 160° on an instant-read thermometer.

④ Thinly slice pork, place on platter and surround with vegetables.

PER SERVING 508 calories; 26 g fat (6 g sat.); 46 g protein; 24 g carbohydrate; 7 g fiber; 446 mg sodium; 104 mg cholesterol ●

comfort zone

Delicious casseroles, baked until bubbly. *Life is good.*

BY JULIE MILTENBERGER / *Photography by David Prince*

shepherd's pie

/ page 207 /

broccoli, cheddar and ham strata

/ page 207 /

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on the cover
baked ziti
/ page 209 /

Food styling: Susan Sugarman/ArtistRepInc.com. Prop styling: Leslie Siegel.

reuben casserole

MAKES 8 servings
PREP 20 minutes
COOK 6 minutes
BAKE at 375° for 1 hour

- **2 tablespoons unsalted butter**
- **1 medium onion, halved and sliced**
- **1 can (14.5 ounces) sauerkraut, drained**
- **1 teaspoon caraway seeds**
- **1 cup dry white wine**
- **1½ pounds all-purpose potatoes**
- **1 package (14 ounces) light or turkey kielbasa, sliced on the diagonal**
- **1 bag (8 ounces) shredded Swiss cheese**
- **2 teaspoons cornstarch**

① Heat oven to 375°. Coat a 10 x 10 x 2-inch baking dish with nonstick cooking spray.

② Melt butter in a medium nonstick skillet over medium heat. Add onion and cook 5 minutes. Remove from heat and transfer to a bowl with a slotted spoon. Stir sauerkraut and caraway seeds into onion and toss to mix. Return skillet to heat and add wine. Heat through, 1 minute.

③ Thinly slice potatoes with a food processor, V-slicer or mandoline. Begin layering: Spread a layer of potatoes (⅓ of the slices) on the bottom of prepared dish, overlapping slightly. Top with half of the sauerkraut mixture and half of the kielbasa.

④ In a medium bowl, toss Swiss cheese with cornstarch. Pour half of the wine over the kielbasa, then top with half the cheese. Add a second layer of potatoes, and the remaining sauerkraut and kielbasa. Pour remaining wine over kielbasa, then fan remaining potatoes over kielbasa. Sprinkle with remaining cheese.

⑤ Coat a sheet of foil with nonstick spray and cover dish. Bake, covered, at 375° for 40 minutes. Uncover and bake an additional 20 minutes, or until potatoes are tender.

PER SERVING 296 calories; 15 g fat (8 g sat.); 18 g protein; 22 g carbohydrate; 4 g fiber; 838 mg sodium; 66 mg cholesterol

shrimp scampi bake

MAKES 4 servings
PREP 20 minutes
COOK 24 minutes
BAKE at 375° for 20 minutes

- **1 cup uncooked white rice**
- **½ teaspoon salt**
- **1 package (9 ounces) frozen asparagus cuts, thawed**
- **2 tablespoons unsalted butter**
- **4 cloves garlic, chopped**
- **½ cup dry white wine**
- **1 tablespoon fresh lemon juice**
- **1 teaspoon cornstarch**
- **1 pound fresh or frozen cleaned shrimp, thawed if frozen**
- **Pinch of black pepper**
- **2 tablespoons seasoned dry bread crumbs**

① Heat oven to 375°. Coat four 16-ounce baking dishes (or one 2-quart dish) with nonstick cooking spray.

② In medium saucepan, combine rice, **2¼ cups water** and ¼ teaspoon of the salt. Bring to a boil over high heat, then cover and reduce heat to medium-low. Cook 20 minutes. Uncover and stir in asparagus pieces. Cover and set aside.

③ Melt butter in medium saucepan over medium heat. Add garlic and cook, stirring, 2 minutes. Meanwhile, whisk wine, lemon juice and cornstarch together in a measuring cup or bowl. Add to saucepan and cook 2 minutes, until thickened and bubbly. Stir in shrimp, remaining ¼ teaspoon salt and the pepper. Remove from heat.

④ Divide rice mixture among prepared dishes. Top with shrimp mixture. Sprinkle each dish with ½ tablespoon of the bread crumbs. Spritz bread crumbs with nonstick spray. Bake at 375° for 15 to 20 minutes or until shrimp are cooked through.

PER SERVING 406 calories; 8 g fat (4 g sat.); 29 g protein; 48 g carbohydrate; 1 g fiber; 528 mg sodium; 187 mg cholesterol

julie's noodle casserole

MAKES 6 servings **PREP** 20 minutes
COOK 10 minutes **BAKE** at 350° for 30 minutes

- 1 **bag (12 ounces) whole-wheat wide noodles (such as Ronzoni Healthy Harvest)**
- 1 **pound lean ground beef**
- 1 **container (15 ounces) refrigerated marinara sauce (such as Buitoni)**
- 1 **container (16 ounces) 2% cottage cheese**
- 1 **package (10 ounces) frozen chopped spinach, thawed and squeezed dry**
- 2 **cups shredded cheddar**
- 1 **large egg**
- 3 **scallions, chopped**
- ¼ **teaspoon salt**
- ¼ **teaspoon black pepper**

① Heat oven to 350°. Coat a deep 2-quart casserole dish with nonstick cooking spray.

② Bring a large pot of salted water to boiling. Add noodles and cook 5 minutes. Drain.

③ Crumble beef into empty pasta pot. Cook over medium-high heat for 5 minutes, until no longer pink. Drain off excess fat. Remove from heat and stir in marinara sauce.

④ In large bowl, combine noodles, cottage cheese, spinach, ¾ cup of the cheddar cheese, egg, scallions, salt and pepper.

⑤ Transfer noodle mixture to prepared dish. Top with beef and sprinkle with remaining cheese. Bake at 350° for 30 minutes. Cool slightly before serving.

PER SERVING 520 calories; 18 g fat (9 g sat.); 43 g protein; 53 g carbohydrate; 10 g fiber; 954 mg sodium; 111 mg cholesterol

Getting Hooked on a Healthy Lifestyle

By Lisa Gable

HEALTHY WEIGHT COMMITMENT

Keeping up a healthy lifestyle takes time and energy, two things many working moms find in short supply. Businesses know that, so they are increasingly creating opportunities at work to practice a healthier lifestyle. It makes business sense. After all, the quicker and easier it is to stay healthy on the job, the more energy you will have to do the things you need to at work and enjoy family time, too.

It's a matter of making a daily habit of pursuing energy balance—balancing calories in with calories out. Here are a few ways to get into that habit:

1. **Spread good health habits:** When the people around you change their lifestyle for the better, you're more likely to do the same. Start small. Need a one-on-one with a co-worker? Walk and talk instead of sitting. Stressed about a deadline? Put a note on your chair saying you'll be back in 10. Tell people how much taking a break—minus your cell phone and your coffee—frees you up to think clearly and de-stress. Guaranteed, others will follow your lead.

2. **Manage for health:** Whether you own a business, or manage a staff of three, you can make it easier for staffers to make healthy choices. Rearrange the break room so there's seating for employees who bring their lunch. Download online tools to help track your weight loss—and share them with your employees and co-workers. Or take the lead and find an exercise instructor who will hold an early-morning on-site fitness class. Find out more about the possibilities by visiting www.yourwellnessadvantage.com.

3. **Make energy balance part of the conversation:** The next time you grab a minute with a co-worker, ask about how she makes healthy lifestyle choices. What was that special snack she had at 4 o'clock that looked so good? Where's the shopping center she walks in during lunch? With the help of a co-worker, you may discover solutions right at your desk, such as a website offering healthier recipes or a rebate for a health class.

Work it!

Take ten. At least once in the morning and in the afternoon, stand, stretch, and take a 10-minute walk—no cell phone, no coffee cup. You just added an hour of active time to your week!

Do a healthy living inventory. Find out what healthy living programs your company has for you—such as counseling and healthier menu choices in the cafeteria. Get that annual body weight monitoring done. Maybe get a pedometer to keep track of how much you walk during the day.

Not enough time? Make it. Try to leave work stress at the workplace. If you commute, turn off the car radio and put on music that relaxes you. Trade off parenting responsibilities with your partner or a friend so you can fit in an exercise class or a run after work. **Energy balance is easiest when you work together—at home and on the job—to lead a healthy lifestyle.**

To learn more visit parents.com/HWCF

Lisa Gable is the Executive Director of the Healthy Weight Commitment Foundation.

SHEPHERD'S PIE

MAKES 6 servings **PREP** 15 minutes
COOK 13 minutes
MICROWAVE 10 minutes
BAKE at 350° for 15 minutes

FILLING
- 2 tablespoons vegetable oil
- 2 pounds boneless, skinless chicken thighs, cut into bite-size pieces
- 1 medium onion, chopped
- 2 ribs celery, diced
- 1 cup baby carrots, sliced
- 1 cup chicken broth
- 2 tablespoons all-purpose flour
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 2 tablespoons chopped fresh dill (or 2 teaspoons dried)
- 1 cup frozen peas, thawed

TOPPING
- 1 package (24 ounces) Ore Ida Steam n' Mash potatoes
- ⅔ cup milk
- 2 tablespoons unsalted butter
- 1 tablespoon chopped fresh dill (or 1 teaspoon dried)
- ½ teaspoon salt

① Heat oven to 350°.
Filling. Heat oil in a flame-proof casserole over medium-high heat. Add chicken pieces and cook, stirring, 5 minutes. Stir in onion, celery and carrots. Cook 5 minutes.

② In a small bowl or measuring cup, whisk broth, flour, salt and pepper. Pour into dish and bring to a simmer. Simmer 1 to 2 minutes, until thickened. Stir in dill and peas; cook 1 more minute.

③ **Topping.** Meanwhile, microwave potatoes for 10 minutes, as per package directions. Carefully transfer to a large bowl and add milk, butter, dill and salt. Mash until smooth. Dollop onto filling and gently spread to dish edges.

④ Transfer to oven and bake at 350° for 15 minutes, or until bubbly. Cool slightly before serving.

PER SERVING 423 calories; 18 g fat (6 g sat.); 35 g protein; 31 g carbohydrate; 5 g fiber; 915 mg sodium; 160 mg cholesterol

BROCCOLI, CHEDDAR AND HAM STRATA

MAKES 8 servings
PREP 15 minutes **COOK** 8 minutes
BAKE at 375° for 45 minutes

- 1 tablespoon olive oil
- 1 medium sweet onion, diced
- 1 bag (1 pound) frozen chopped broccoli, thawed
- 1 loaf Italian bread (14 ounces), cut into cubes
- ½ pound sliced low-sodium deli ham, chopped
- 6 large eggs
- 1½ cups 2% milk
- 2 tablespoons chopped fresh or freeze-dried chives
- 1 tablespoon Dijon mustard
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 1½ cups shredded cheddar

① Heat oven to 375°. Coat a 2-quart oval baking dish with nonstick spray.

② Heat oil in a large nonstick skillet over medium heat. Add onion and cook 5 minutes. Add broccoli and cook another 3 minutes.

③ Place bread cubes in a large bowl. Stir in broccoli-onion mixture and the ham.

④ In a medium bowl, whisk together the eggs, milk , chives, mustard, salt and pepper. Pour over bread mixture, stirring to mix. Transfer to prepared dish, and top evenly with cheese.

⑤ Bake at 375° for 40 to 45 minutes, or until strata registers 160° on an instant-read thermometer.

PER SERVING 365 calories; 16 g fat (7 g sat.); 23 g protein; 33 g carbohydrate; 3 g fiber; 890 mg sodium; 197 mg cholesterol

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on the cover

Instead of Parmesan, sprinkle the ziti with Pecorino Romano—its stronger flavor stands up well to the rich sausage and tangy tomatoes.

BAKED ZITI

MAKES 8 servings
PREP 15 minutes **COOK** 25 minutes
BAKE at 375° for 25 minutes

SAUCE
- 2 tablespoons olive oil
- 1 medium onion, chopped
- 3 cloves garlic, sliced
- 1 can (28 ounces) whole tomatoes
- 1 can (15 ounces) tomato sauce
- 2 tablespoons tomato paste
- 2 teaspoons sugar
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 1 can (14.5 ounces) basil-and-oregano diced tomatoes, drained
- ½ cup fresh basil leaves, chopped

ZITI AND CHEESE
- 1 box (16 ounces) ziti
- 1 bag (8 ounces) shredded part-skim mozzarella cheese
- ¼ cup grated Parmesan or Pecorino Romano cheese

① Heat oven to 375°. Coat a 13 x 9 x 2-inch baking dish with nonstick cooking spray.

② **Sauce.** Heat oil in a 3-quart saucepan over medium heat. Add onion and cook 4 minutes. Add garlic and cook another minute. Stir in whole tomatoes and their juice, breaking tomatoes apart with your hands or a wooden spoon. Stir in tomato sauce, tomato paste, sugar, salt and pepper. Simmer, stirring occasionally, for 20 minutes.

③ Remove pan from heat. Stir in diced tomatoes and basil.

④ **Ziti and Cheese.** Bring a large pot of lightly salted water to boiling. Add ziti; boil 10 minutes, stirring. Drain and transfer to a large bowl. Add half the sauce to bowl with ziti. Stir to coat. Pour ziti mixture into prepared dish. Top with remaining sauce and then sprinkle with the cheeses.

⑤ Bake at 375° for 20 to 25 minutes, until bubbly and lightly browned. Cool 10 minutes.

PER SERVING 379 calories; 10 g fat (4 g sat.); 18 g protein; 55 g carbohydrate; 4 g fiber; 985 mg sodium; 20 mg cholesterol

SAUSAGE VARIATION (10 SERVINGS):

① **Sauce.** Crumble 1 pound sweet Italian sausage in a 3-quart saucepan over medium heat. Cook 8 minutes, or until no longer pink. Remove from pot with a slotted spoon. Add onion to pot; cook 4 minutes. Add garlic and cook another minute. Stir in whole tomatoes and their juice, breaking tomatoes apart with a wooden spoon. Stir in tomato sauce, tomato paste, sugar, salt and pepper. Simmer, stirring occasionally, for 20 minutes.

② Remove pan from heat. Stir in sausage, diced tomatoes and basil. Continue with recipe, step 4.

PER SERVING 383 calories; 14 g fat (5 g sat.); 19 g protein; 45 g carbohydrate; 3 g fiber; 1,009 mg sodium; 29 mg cholesterol ●

Text **FC ZITI** to **76477 (S-N-I-P-P)** to have this month's cover recipe and shopping list sent to your phone and e-mail. Standard text-messaging rates apply.

PICANTE SAUCE: LIKE SALSA THAT'S GONE TO COOKING SCHOOL.

ORANGE PICANTE SAUCE CHICKEN

Prep Time: 10 min. **Cook Time: 20 min.** **Servings: 4**

Shopping list:

Pace® Picante Sauce
vegetable oil
garlic
orange juice
brown sugar
long-grain white rice
boneless chicken breast halves

Wanna give your meal some spark? Here's what you do:

- Heat *1 tbsp. veg. oil* in 10" skillet over medium-high heat.
- Cook *4 skinless chicken breasts* 10 minutes or until well browned on both sides. Remove from skillet and reduce heat to medium.
- Add *2 cloves minced garlic*. Stir for about a minute before adding in *¼ cup OJ, 1 tbsp. brown sugar* and (here comes the spark we mentioned) *¾ cup Pace Picante sauce*. Heat to a boil.
- Put the chicken back in the skillet, cover and turn the heat down to low.
- Cook about 5 minutes so the sauce can seep in and serve with *3 cups cooked rice*.
- Feeds 4. (Of course, you may wanna plan on people coming back for seconds.)

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BITTERSWEET ALMOND CHOCOLATE PUDDING

MAKES 4 servings **PREP** 5 minutes **MICROWAVE** 8½ minutes **REFRIGERATE** 4 hours

- 2 cups milk
- ⅓ cup sugar
- 2 eggs
- 2 tablespoons cornstarch
- Pinch of salt
- 3 ounces bittersweet chocolate, chopped
- ½ teaspoon almond extract
- ¼ cup sliced almonds
- ¼ teaspoon olive oil
- ½ cup frozen whipped topping, thawed

① In a large microwave-safe bowl, combine milk, sugar, eggs, cornstarch and salt. Whisk until well blended.

② Microwave, uncovered, for 5 minutes. Whisk until smooth.

③ In second bowl, melt chocolate in microwave for 1 minute. Stir. Microwave another 30 seconds. Stir until smooth. Whisk chocolate and almond extract into milk mixture until smooth.

④ Spoon into 4 serving dishes, cover and refrigerate for at least 4 hours.

⑤ Just before serving, toast almonds: Place nuts in a glass pie plate. Toss with olive oil. Microwave, uncovered, for 1 minute. Stir. Microwave an additional minute or until lightly toasted. Garnish puddings with whipped topping, then sprinkle with toasted nuts. Serve immediately.

PER SERVING 358 calories; 20 g fat (9 g sat.); 10 g protein; 40 g carbohydrate; 2 g fiber; 84 mg sodium; 118 mg cholesterol

Photo: Alexandra Rowley.

BUTTERSCOTCH PUDDING

MAKES 6 servings
PREP 5 minutes **COOK** 20 minutes
REFRIGERATE at least 2 hours, 10 minutes

- 3 cups milk
- ½ cup granulated sugar
- ½ cup packed dark-brown sugar
- 3 tablespoons cornstarch
- ¼ teaspoon ground nutmeg
- 3 egg yolks
- ¼ teaspoon salt
- 2 tablespoons unsalted butter, cut into pieces
- 2 teaspoons vanilla extract
- Whipped cream, to garnish

① Stir together 2½ cups of the milk and the granulated sugar in a large saucepan. Heat until just steaming. Remove from heat; set aside.

② Meanwhile, in a medium-size bowl, mix together dark-brown sugar, cornstarch and nutmeg until evenly blended. Whisk in egg yolks, remaining ½ cup milk and salt. Stir a little of the hot milk mixture into the brown sugar mixture to warm egg yolks, then stir brown sugar mixture back into milk mixture in saucepan. Cook, stirring constantly with wooden spoon, over medium-low heat until thickened and it registers 160° on an instant-read thermometer, 20 minutes. Remove from heat. Add butter and vanilla; stir until smooth.

③ Pour mixture through strainer into six dishes. Cool 10 minutes. Cover surface directly with plastic; refrigerate at least 2 hours. Garnish with whipped cream.

PER SERVING 313 calories; 13 g fat (7 g sat.); 5 g protein; 44 g carbohydrate; 0 g fiber; 161 mg sodium; 135 mg cholesterol

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COCONUT CROISSANT BREAD PUDDING

MAKES 12 servings
PREP 20 minutes
LET STAND 30 minutes
BAKE at 350° for 90 minutes

- **8 egg yolks**
- **4 whole eggs**
- **2½ cups milk**
- **1 can (13½ ounces) coconut milk**
- **1 cup sugar**
- **1 teaspoon coconut extract**
- **1 teaspoon vanilla extract**
- **½ teaspoon salt**
- **5 large croissant pastries**
- **1 cup semisweet chocolate chips**
- **1 cup sweetened flake coconut**
- **1 tablespoon confectioners' sugar, for dusting, if desired (optional)**

① Whisk together egg yolks, whole eggs, milk, coconut milk, sugar, coconut extract, vanilla and salt.

② Coat a 2½-quart baking dish with cooking spray. Cut croissants in half horizontally. Place bottom halves, cut-side up, in prepared dish. Sprinkle with chocolate chips and coconut. Cover with top halves of croissants, cut-side down. Pour egg mixture over top. Top with baking sheet weighed down with cans so croissants get pressed into and submerged in liquid. Let stand 30 minutes.

③ Heat oven to 350°. Remove baking sheet used as weight.

④ Cover pudding loosely with foil. Place pudding pan in a larger pan on oven rack. Pour hot water into larger pan to fill to a depth of 1 inch.

⑤ Bake at 350° for 1 hour. Remove foil; bake an additional 30 minutes or until temperature registers 160° on an instant-read thermometer. Carefully remove dish to wire rack; cool slightly. Dust with confectioners' sugar before serving, if desired.

PER SERVING 398 calories; 27 g fat (15 g sat.); 10 g protein; 31 g carbohydrate; 2 g fiber; 466 mg sodium; 212 mg cholesterol

RICE PUDDING WITH RAISINS

MAKES 8 servings
PREP 5 minutes
COOK 45 minutes

- **4 cups milk**
- **1 cup long-grain white rice (not converted)**
- **⅔ cup sugar**
- **¼ teaspoon salt**
- **¾ cup golden raisins**
- **¼ teaspoon ground allspice, plus more for dusting**

① In a heavy-bottomed saucepan, mix milk, rice, sugar and salt. Bring to a simmer over high heat. Reduce heat to low; cover and simmer, stirring occasionally, 20 minutes.

② Add raisins and allspice. Continue to cook, covered, stirring occasionally, for about 25 minutes, until rice and raisins are tender.

③ Divide pudding among 8 dishes, about ½ cup each. Top with a sprinkling of allspice; serve warm.

PER SERVING 271 calories; 4 g fat (2 g sat.); 6 g protein; 53 g carbohydrate; 1 g fiber; 124 mg sodium; 12 mg cholesterol ●

Photos: (Rice Pudding, Butterscotch Pudding) James Baigrie; (Cocounut Croissant Pudding) Alison Miksch.

SLOW COOKER SUPPERS

→ BY CINDY HELLER

SOUPS & STEWS

SAUSAGE & LENTIL SOUP

MAKES 6 servings
PREP 10 minutes
SLOW COOK 2 hours on HIGH or 4 hours on LOW

- **2 medium-size carrots, cut into ¼-inch pieces**
- **1 large onion, chopped**
- **1 celery stalk, cut into ¼-inch pieces**
- **2 garlic cloves, minced**
- **7 ounces turkey kielbasa (from a 14-ounce package), cut into ½-inch pieces**
- **1¼ cups (from a 1-pound bag) lentils, rinsed and picked over**
- **2 cups low-sodium beef broth**
- **3 loosely packed cups baby spinach**
- **½ teaspoon salt**
- **¼ teaspoon black pepper**

① Combine carrots, onion, celery, garlic, kielbasa and lentils in slow cooker bowl. Pour in beef broth and **2½ cups water.**

② Cover and cook on HIGH for 2 hours or LOW for 4 hours. Stir in baby spinach, salt and pepper before serving.

PER SERVING 236 calories; 3 g fat (1 g sat.); 20 g protein; 35 g carbohydrate; 7 g fiber; 559 mg sodium; 22 mg cholesterol

TERIYAKI CHICKEN STEW

MAKES 6 servings
PREP 10 minutes
SLOW COOK 3 hours on HIGH or 5½ hours on LOW

- **1½ pounds boneless, skinless chicken thighs, trimmed and cut into 1-inch pieces**
- **1 bag (16 ounces) frozen Asian stir-fry vegetable blend (such as Birds Eye)**
- **2 cups halved baby carrots**
- **½ cup low-sodium chicken broth**
- **½ cup low-sodium teriyaki sauce**
- **2 tablespoons cornstarch**
- **4 cups broccoli flowerets**
- **3 cups prepared white rice (optional)**

① Combine chicken, vegetables, carrots, broth and 6 tablespoons of the teriyaki sauce in slow cooker. Cover; cook on HIGH for 2½ hours or on LOW for 5 hours.

② Stir together remaining 2 tablespoons teriyaki sauce with cornstarch. Stir teriyaki mixture into slow cooker along with broccoli and cook an additional 30 minutes or until sauce has thickened. Serve over white rice, if desired.

PER SERVING 244 calories; 5 g fat (1 g sat.); 28 g protein; 19 g carbohydrate; 5 g fiber; 545 mg sodium; 95 mg cholesterol

BEEF STEW WITH POTATO DUMPLINGS

MAKES 6 servings
PREP 10 minutes
SLOW COOK 5½ hours on HIGH or 7½ hours on LOW

- **1 pound chuck steak, trimmed and cut into 1-inch pieces**
- **3 tablespoons flour**
- **½ teaspoon salt**
- **¼ teaspoon black pepper**
- **3 medium-size carrots, cut into ¼-inch-thick coins**
- **1 package (10 ounces) cremini mushrooms, cleaned and quartered**
- **2 cloves garlic, minced**
- **1 package (1 pound) frozen pearl onions**
- **1½ cups low-sodium beef broth**
- **¾ cup dry red wine**
- **¾ teaspoon dried thyme**
- **1 package (17.5 ounces) gnocchi**

① In large bowl, toss together steak, flour and ¼ teaspoon *each* salt and pepper. Place steak in slow cooker with carrots, mushrooms, garlic, onions, broth, red wine and ½ teaspoon thyme. Cover and cook on HIGH for 5 hours or LOW for 7 hours.

② Remove lid and stir in remaining ¼ teaspoon *each* salt and dried thyme and the gnocchi. Cover and cook an additional 30 minutes or until gnocchi is tender.

PER SERVING 322 calories; 4 g fat (1 g sat.); 20 g protein; 45 g carbohydrate; 4 g fiber; 604 mg sodium; 44 mg cholesterol

PRETTY EASY

Hamilton Beach's new slow cookers, sold exclusively at Target, make dinner *and* a fashion statement on your counter. Beyond good looks, there's a strap so the lid stays shut tight—a must if you ever want to take it anywhere. Available in Catalina, left, and Damask, a pretty floral print. Target.com, $35

Food styling: Michael Pederson. Prop styling: Christina Lane.

PHOTOGRAPHY BY ALEXANDRA GRABLEWSKI

PORK & HOMINY STEW

MAKES 6 servings
PREP 10 minutes
SLOW COOK 4 hours, 15 minutes on HIGH or 6 hours, 45 minutes on LOW

- 2½ pounds boneless pork shoulder, well-trimmed and cut into 1-inch chunks
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 2 green peppers, seeded and chopped
- 2 onions, chopped
- 4 garlic cloves, minced
- 2 teaspoons chili powder
- 1 teaspoon dried oregano
- 1¼ cups low-sodium chicken broth
- ⅔ cup salsa verde
- 3 tablespoons finely ground cornmeal
- 2 tablespoons chopped cilantro
- 1 can (15 ounces) white hominy, rinsed and drained

① Sprinkle pork with salt and pepper. Place pork in slow cooker with peppers, onions, garlic, chili powder, oregano and broth. Cover; cook on HIGH for 4 hours or LOW for 6½ hours.

② Stir together salsa, cornmeal and cilantro. Remove cover and stir in salsa mixture and hominy. Cook an additional 15 minutes or until thickened and warmed through.

PER SERVING 347 calories; 11 g fat (4 g sat.); 39 g protein; 23 g carbohydrate; 4 g fiber; 749 mg sodium; 114 mg cholesterol

» Find all of our slow cooker recipes at **familycircle.com/slowcooker**

GINGERY BUTTERNUT SQUASH SOUP

MAKES 6 servings
PREP 10 minutes
SLOW COOK 3½ hours on HIGH or 5½ hours on LOW
COOK 6 minutes
BAKE at 350° for 15 minutes

- 1 small butternut squash (about 3 pounds), seeded, peeled and cut into 2-inch cubes
- 2 cloves garlic, crushed
- 1 tablespoon canola oil
- 1 large onion, chopped
- 1 tablespoon grated ginger
- 3 cups vegetable broth
- 1 teaspoon salt
- 1 teaspoon sugar
- ¼ teaspoon black pepper
- 6 slices French bread (optional)
- 6 teaspoons shredded cheddar cheese (optional)

① Place squash cubes and garlic in slow cooker with ¼ **cup water.** Cover and cook on HIGH for 3 hours or on LOW for 5 hours or until squash is tender.

② Meanwhile, heat oil in a medium-size nonstick skillet over medium-high heat. Cook onion in skillet for 5 minutes or until softened. Stir ginger into skillet and cook 1 minute.

③ Heat oven to 350°. Remove squash from slow cooker using a slotted spoon and discard garlic and remaining liquid in slow cooker. Puree half of squash in blender or food processor with half of onion mixture and 2 cups of the broth until completely smooth; pour into slow cooker and repeat with remaining squash, onion mixture, 1 cup broth and ¾ **cup water.** Stir in salt and pepper, then cover soup and cook an additional 30 minutes or until hot.

④ While soup is heating up, if desired, place bread slices on a baking sheet and top each with 1 teaspoon cheese. Bake at 350° for 15 minutes or until lightly browned. Place 1 bread slice on top of soup in each serving bowl.

PER SERVING 143 calories; 3 g fat (0 g sat.); 3 g protein; 31 g carbohydrate; 5 g fiber; 868 mg sodium; 0 mg cholesterol ●

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"This is an old family tradition. It's quite different from ordinary Irish soda bread, but definitely delicious and everyone loves it!"
Rhoda Silva, Rockport, ME

MEE MEE'S IRISH BREAD

MAKES 12 servings
PREP 10 minutes
BAKE at 375° for 30 minutes, 325° for 15 minutes

BREAD
2½ cups all-purpose flour
1 teaspoon baking powder
1 teaspoon salt
½ teaspoon baking soda
½ cup granulated sugar
¼ cup (½ stick) unsalted butter, softened
1 egg
1½ cups buttermilk
1 cup raisins
1 tablespoon caraway seeds

GLAZE
6 tablespoons unsalted butter
2½ cups confectioners' sugar
½ teaspoon vanilla extract

① **Bread.** Heat oven to 375°. Coat a 10-inch pie plate with nonstick cooking spray. Whisk together flour, baking powder, salt and baking soda; set aside.

② Beat granulated sugar and butter together on medium-high speed until blended. Beat in egg. On low speed, alternately beat in flour mixture and buttermilk, ending with flour mixture. Stir in raisins and caraway seeds.

③ Pour mixture into prepared pie plate and smooth top. Bake at 375° for 30 minutes, then reduce heat to 325° and bake an additional 15 minutes or until golden brown and toothpick inserted in center comes out clean. Remove plate to a wire rack to cool completely.

④ **Glaze.** In a small saucepan, melt butter over medium heat. Remove from heat and stir in confectioners' sugar and vanilla. Add **2 tablespoons warm water** and stir until mixture is thick and well blended. Spread over cooled bread and cut into wedges.

"My son-in-law David requests this salad every year for his birthday. What can I say—it's great!"
Nancy Perot Gleason, Port Arthur, TX

CORN BREAD SALAD

MAKES 8 servings
PREP 15 minutes
BAKE at 400° for 32 minutes
CHILL 1 hour

1 box (8.5 ounces) corn muffin mix (such as Jiffy)
1 egg
½ cup milk
6 slices bacon, cooked and crumbled
4 plum tomatoes, seeded and chopped
3 scallions, thinly sliced
1 green pepper, seeded and chopped
½ cup small sweet pickles (about 7), finely chopped
1 cup light mayonnaise
¼ cup sweet pickle juice

① Heat oven to 400°. Coat an 8 x 8 x 2-inch baking pan with nonstick cooking spray; set aside.

② In a small bowl, stir together muffin mix, egg and milk. Pour into prepared baking pan and bake at 400° for 18 to 22 minutes or until lightly browned. Remove to a rack and cool completely.

③ Cut corn bread into 1-inch cubes and place on a rimmed baking sheet. Bake cubes at 400° for 10 minutes, stirring halfway through or until lightly toasted. Remove from oven and cool completely.

④ Stir together bacon, tomatoes, scallions, green pepper and pickles. In a small bowl, stir together mayonnaise and pickle juice. In a large serving bowl, place half of the corn bread cubes at the bottom, then top with half of mayonnaise mixture and half of tomato mixture; repeat layers one more time. Chill 1 hour before serving. ●

Food styling: Sara Neumeier. Prop styling: Scott Horne.

PHOTOGRAPHY BY KATE MATHIS

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(Requester Publications Only) **1.** Publication Title: Family Circle. **2.** Publication Number: 185-160. **3.** Filing Date: 10/1/2010. **4.** Issue Frequency: 15 times a year with 2 issues in April, October and November, 1 issue in the remaining months. **5.** Number of Issues Published Annually: 15. **6.** Annual Subscription Price: $19.98. **7.** Complete Mailing Address of Known Office of Publication: 375 Lexington Ave., New York, NY 10017-5514. **8.** Complete Mailing Address of Headquarters or General Business Office of Publisher: 375 Lexington Ave., New York, NY 10017-5514. **9.** Full Names and Complete Mailing Addresses of Publisher, Editor, and Managing Editor: Publisher: Diane Papazian; 125 Park Ave., New York, NY 10017-5529; Editor: Linda Fears, 375 Lexington Ave., New York, NY 10017-5514. ; Managing Editor: Jennifer Ash Taylor, 375 Lexington Ave., New York, NY 10017-5514. **10.** Owner: Meredith Corporation, 1716 Locust Street, Des Moines, IA 50309-3023. The names and addresses of all stockholders owning or holding 1 percent or more of the total amount of stock: Bank of New York (The), One Wall Street, 6th Floor, New York, NY 10286; Brown Brothers Harriman & Co., 525 Washington Blvd, New Port Towers, Jersey City, NJ 07302; Charles Schwab & Co., Inc., Attn Proxy Department, 211 Main Street, San Francisco, CA 94105; Citigroup Global Markets, Inc., 333 W. 34th Street, New York, NY 10001; Goldman, Sachs & Co., 30 Hudson Street, Proxy Department, Jersey City, NJ 07302; JPMorgan Chase Bank/IA, Paradigm, B Wing, Floor 6, Mind Space, Malad (W), Mumbai 400 064, India; JP Morgan Chase Bank, National Association, Paradigm, B Wing, Floor 6, Mind Space, Malad (W), Mumbai 400 064, India; Mellon Trust of New England, National, 525 William Penn Place, Suite 3418, Pittsburgh PA 15259; Northern Trust Company (The), 801 S Canal Street, Attn: Capital Structures-C1N , Chicago IL 60607; SSB – IBT/BGI, 1776 Heritage Drive, North Quincy MA 02171; SSB-SPDR's, Global Corp Action Dept JAB5W, P.O. Box 1631, Boston MA 02105-1631; State Street Bank and Trust Company, Attn: Paul Desharnais, 1776 Heritage Dr., North Quincy, MA 02171; UMB Bank, National Association, Attn: Jan Guzman, 928 Grand Blvd, Kansas City, MO 64106; U.S. Bank, N.A., Attn: Securities Control, 1555 N. Rivercenter Dr., Ste 302, Milwaukee, WI 53212. Through some of the nominees listed above, the E. T. Meredith and Bohen families and family foundations own, directly or beneficially, approximately 19% of the issued and outstanding stock of the corporation. Each nominee listed above holds stock for one or more stockholders.
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13. Publication Title: *Family Circle*
14. Issue Date for Circulation Data Below: September, 2010
15. Extent and Nature of Circulation
Average No. Copies Each Issue During Preceding 12 Months:

a. Total Number of Copies (Net Press Run): 4,910,214
b. Legitimate Paid and/or Requested Distribution (By Mail and Outside the Mail):
   (1) Outside County Paid/Requested Mail Subscriptions Stated on PS Form 3541. (Include direct written request from recipient, telemarketing and Internet requests from recipient, paid subscriptions including nominal rate subscriptions, employer requests, advertiser's proof copies, and exchange copies): 3,057,864
   (2) In-County Paid/Requested Mail Subscriptions Stated on PS Form 3541. (Include direct written request from recipient, telemarketing and Internet requests from recipient, paid subscriptions including nominal rate subscriptions, employer requests, advertiser's proof copies, and exchange copies): 0
   (3) Sales Through Dealers and Carriers, Street Vendors, Counter Sales, and Other Paid or Requested Distribution Outside USPS®: 668,909
   (4) Requested Copies Distributed by Other Mail Classes Through the USPS (e.g. First-Class Mail®): 0
c. Total Paid and/or Requested Circulation (Sum of 15b (1), (2), (3), and (4)): 3,726,773
d. Nonrequested Distribution (By Mail and Outside the Mail):
   (1) Outside County Nonrequested Copies Stated on PS Form 3541 (include Sample copies, Requests Over 3 years old, Requests induced by a Premium, Bulk Sales and Requests including Association Requests, Names obtained from Business Directories, Lists, and other sources): 144,693
   (2) In-County Nonrequested Copies Stated on PS Form 3541 (include Sample copies, Requests Over 3 years old, Requests induced by a Premium, Bulk Sales and Requests including Association Requests, Names obtained from Business Directories, Lists, and other sources): 0
   (3) Nonrequested Copies Distributed Through the USPS by Other Classes of Mail (e.g. First-Class Mail, Nonrequestor Copies mailed in excess of 10% Limit mailed at Standard Mail® or Package Services Rates): 0
   (4) Nonrequested Copies Distributed Outside the Mail (Include Pickup Stands, Trade Shows, Showrooms and Other Sources): 3,751
e. Total Nonrequested Distribution (Sum of 15d (1), (2), and (3)): 148,444
f. Total Distribution (Sum of 15c and e): 3,875,217
g. Copies not Distributed (See Instructions to Publishers #4 (page #3)): 1,034,997
h. Total (Sum of 15f and g): 4,910,214
i. Percent Paid and/or Requested Circulation (15c divided by f times 100): 96.17%

No. Copies of Single Issue Published Nearest to Filing Date:

a. Total Number of Copies (Net Press Run): 4,956,670
b. Legitimate Paid and/or Requested Distribution (By Mail and Outside the Mail):
   (1) Outside County Paid/Requested Mail Subscriptions Stated on PS Form 3541. (Include direct written request from recipient, telemarketing and Internet requests from recipient, paid subscriptions including nominal rate subscriptions, employer requests, advertiser's proof copies, and exchange copies): 3,011,614
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   (4) Requested Copies Distributed by Other Mail Classes Through the USPS (e.g. First-Class Mail®): 0
c. Total Paid and/or Requested Circulation (Sum of 15b (1), (2), (3), and (4)): 3,601,694
d. Nonrequested Distribution (By Mail and Outside the Mail):
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   (4) Nonrequested Copies Distributed Outside the Mail (Include Pickup Stands, Trade Shows, Showrooms and Other Sources): 3,546
e. Total Nonrequested Distribution (Sum of 15d (1), (2), and (3)): 260,473
f. Total Distribution (Sum of 15c and e): 3,862,167
g. Copies not Distributed (See Instructions to Publishers #4 (page #3)): 1,094,503
h. Total (Sum of 15f and g): 4,956,670
i. Percent Paid and/or Requested Circulation (15c divided by f times 100): 93.26%

16. Publication of Statement of Ownership for a Requester Publication is required and will be printed in the November 2010 issue of this publication.
17. Signature and Title of Editor, Publisher, Business Manager, or Owner: Christy Light (Business Director). Date: 7/27/2010. I certify that all information furnished on this form is true and complete. I understand that anyone who furnishes false or misleading information on this form or who omits material or information requested on the form may be subject to criminal sanctions (including fines and imprisonment) and/or civil sanctions (including civil penalties).

•from the editor

FAMILY NIGHT IN
ABBREVIATED RULES

Page 8: No purchase necessary to enter or win. The "Family Night In" Contest is subject to Official Rules and entry at www.familycircle.com/familynightin. Contest begins September 14, 2010, and ends November 9, 2010. Entries must be received by 11:59 P.M., E.T., on November 9, 2010. Open to legal residents of the 50 United States, and the District of Columbia, 21 years or older. One entry per person. Void where prohibited. Sponsor: Meredith Corporation.

•family

HOME IS WHERE THE FUN IS
ABBREVIATED RULES

Page 92: Text FC NOV6 to 76477 (S-N-I-P-P) to watch our Food Director prepare a tasty snack for your Family Night In. The first 100 people to text will receive a free cookbook! To take advantage of the *Family Circle* cookbook offer (valued at $34.95) between October 1, 2010, and October 31, 2010, using your mobile device, text the code "FC NOV6" to 76477. The first 100 people to text in the code will qualify to receive the cookbook. Those who qualify will receive a return text message indicating that they have qualified with instructions on how to enter their mailing address to claim their cookbook. The cookbook will be shipped to their confirmed address. Message and data rates apply. Must be U.S. resident, 18 years or older. One cookbook per household. Allow 6-8 weeks for delivery. Offer begins October 1, 2010 and ends October 31, 2010, or when 100 requests have been received, whichever comes first. Requests will be fulfilled in the order received. Meredith Corporation d/b/a Family Circle ("Sponsor") is not responsible for network failure or incomplete text messages or text calls or unfilled address forms. Void where prohibited, taxed or restricted. In all matters relating to interpretation/application of this offer, decision of Sponsor is final and binding.

•style

STYLE NEWS

Page 116: Got Purse-onality: The Day Clutch: **Christian Siriano for Payless,** select Payless Shoesource stores and payless.com, $40. The Saddlebag: **a.n.a. by JCPenney,** JCPenney stores and jcp.com, $40. The Ladylike, **Talbots,** talbots.com, $179. The Drawstring, **LeSportsac,** lesportsac.com, $68. The Hobo, **Olivia + Joy,** oliviaandjoy.com, $98. Bravo: **Hanes** ComfortFlex Fit Bandini Bra, hanes.com, $24/2. Hold, Please: **Goody** Spin Pin, Target stores, $6.50/pair. Beauty School: *Beauty Rules,* bobbibrown.com, $25.

TURN BACK TIME

Page 126: Supernaturals: **Garnier** Ultra-Lift Skincare Moisturizer, drugstores, $15. **Lumene** Excellent Future Deep Repairing Serum, dermstore.com, $30. Protein Power: **Avon** Anew Ultimate Contouring Eye System, avon.com for a representative, $32. **Estée Lauder** Time Zone Night Anti-Line/Wrinkle Creme, esteelauder.com, $63. It's Electric: **Aveeno** Ageless Vitality Elasticity Recharging System, drugstores, $39. **Neutrogena** Clinical Facial Lifting Wrinkle Treatment System, shop.neutrogena.com, $46. Laser Focus: **Dermadoctor** Phytodynamic Therapy Sunlight-Activated Laser Lotion with SPF 30, dermadoctor.com, $85. **Clinique** Repairwear Laser Focus Wrinkle & UV Damage Corrector, clinique.com, $45.

•food

FOOD NEWS
THE SANDRA LEE SEMI-HOMEMADE COMFORT FOOD COOKBOOK SWEEPSTAKES ABBREVIATED RULES

Page 176: No purchase necessary to enter or win. Subject to Official Rules and entry at www.momster.com/fc/sandralee. The *Sandra Lee Semi-Homemade Comfort Food Cookbook* Sweepstakes begins August 23, 2010, and ends November 2, 2010. Entries must be received by 11:59 P.M., E.T., on November 2, 2010. Open to legal residents of the 50 United States, and the District of Columbia, 21 years or older. One entry per person with a valid e-mail address. Void where prohibited. Sponsor: Meredith Corporation. ●

my family life

→ BY PATTY A. MARTINEZ

Alan Jackson

The hunky country superstar is used to crowds of adoring fans when he's onstage. But 52-year-old Alan also has his share of female admirers at home in Nashville: wife Denise, and daughters Mattie, 20; Ali, 17; and Dani, 13.

In addition to Denise and your girls, the family Yorkie, Coco, is female. That's a lot of estrogen! I grew up with four sisters so I've always been surrounded by women. I like to think it made me a sweet, attentive, caring and open person... I feel terrible saying all these nice things about myself!

We won't tell anyone. Do your daughters often ask you for advice since you're so approachable? Not unless it's about driving! I guess that's a guy thing? They turn to their mom when it comes to questions about boys or friends. But if I want to talk to them about dating, I have no problem spelling it out.

You must intimidate the boys who come to your house. Well, I'm 6'4", and I don't say much. So I'd probably be scared of me too! But if they're nice kids, I'm easy to get along with.

Who holds the reins when it comes to parenting? I like to let the girls make their own mistakes now and then. But neither Denise nor I is the hovering type who has to know what the kids are doing every second of the day. They need to learn to be self-sufficient.

Well, you must have done something right. Mattie, now a junior in college, was the high school valedictorian. I think she came from the factory that way. All my girls are smart and well-rounded. They've traveled and met all sorts of people. I always say they did more in their first five years of life than I did in 30.

Speaking of youth, you and Denise were high school sweethearts and have been married for 31 years. But you separated for six months, and she wrote a book about marriage: *It's All About Him: Finding the Love of My Life*. What made you stick it out? We married when we were kids so we had to learn to get along as adults. We finally realized we didn't want to be apart.

"I wake up early every day because I feel like I'm missing out on life if I sleep in."

facts of life

record breaker

Alan has sold more than 50 million albums and won 150 awards, including the Country Music Association's Entertainer of the Year.

love at first sight

"I met Denise at a Dairy Queen one Sunday night after church when we were teenagers. I was flirting and threw a penny at her, and it went down her shirt. She thought it was funny—until I asked if I could get it out."

macho man

Despite a soft spot for their Yorkie, Alan draws the line at cuddling her in public when she's decked out in doggie clothes. "I tell Denise, 'I'm not going to sit here and hold Coco when she has a dress on. I have an image to maintain.'"

holiday flavor

"Every year the girls and I look forward to Denise's cornbread dressing. She only makes it for Thanksgiving and Christmas."

retirement plans

"You'll probably find me on a boat somewhere. My first job was at a marina in Georgia, where I tinkered with the boats all day. My daddy was a mechanic, so there's a bit of him in me."

Photo: Russ Harrington.